

MONEY TALKS! LET YOURS ROAR!! A U S T R A L I A N HOME JOURNAL

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To Correspondents

[The columns of this department for the answers to correspondents are designed to prove of genuine help and benefit to readers who desire information concerning matters of dress, housekeeping, etiquette, the toilet, or hygiene. In addition to the proper signature (which will never be published under any circumstances), correspondents are requested to send a pen-name, to which the answer may be addressed.]

BRIDGE QUERY.—"Can a holding of A-K-Q in a suit generally be counted on for three tricks if the opponents obtain the contract in another suit?"—S.S.—Not always. In general, a side suit will only go around twice before it is trumped. It is safe to count on two tricks with such a combination, but not on three.

DATE AND BANANA.—Twelve bananas cut in slices, 2 lbs. onions cut small, 1 lb. dates chopped. Pour over about 1 pint vinegar and cook until tender. Beat to a pulp, add 2 teaspoonsful of curry powder, $\frac{1}{2}$ lb. crystallised ginger cut small, 1 tablespoonful salt and 1 lb. treacle. Cook again until a rich brown colour. This is a delicious chutney, and can be made at any time.—Mrs. M. D.

SILVER HAIRS!—"My little girl is only 13 years old, but lately I have noticed several definitely silver hairs. Can you tell me if there is something wrong with her health which causes her to have grey hair so very young?"—Worried.—Sometimes this premature greyness is an inherited tendency, but if there is nothing on either side of the family to suggest this, I advise you to arrange through your doctor or the local Welfare or Baby Centre for your little girl to be seen by a skin specialist at the nearest hospital, as there may be a condition of the scalp for which a specialist could suggest glandular treatment.

SHAPELY LEGS.—"Could you supply a few general exercises to fatten legs below the knees and ankles, as they are very thin and weak?"—A.S.—Massage with warm olive oil will be found helpful. Walking is a good exercise; all kinds of dancing can be recommended. Skipping is perhaps the best of all; but it is worth while doing the old-time exercise as used in the Army—hands on hips, heels together, feet pointing outwards. Bend the body downwards, then upwards, resting principally on the balls of the feet. Body to be kept straight all the time. Do this 10 or 20 times, night and morning.

SCOTCH WOODCOCK.—Fry some squares of bread in boiling lard, and when cooked spread with anchovy paste. Put 1 oz. of butter and 2 tablespoonsful of cream into a saucepan and when hot add 2 eggs just broken and 1 oz. of grated cheese, and a seasoning of salt, pepper and cayenne. Stir till it thickens, but do not allow it to boil. Spread on the toast and serve very hot.—Ettie.

POT-POURRI OF VEGETABLES.—One cupful each of sliced parsnip, turnip, carrot, onion and celery; 2 cupsful of sliced potato; 2 ozs. butter; 1 pint milk; 1 dessertspoonful of flour; a little chopped parsley. Melt half the butter, put in the vegetables and stir till the butter is absorbed. Add 1 quart water and cook vegetables until reduced to a pulp. Rub through a sieve. Melt remaining butter, add flour and milk; stir until boiling and mix in the vegetable puree. Simmer for a few minutes, adding seasoning and parsley. Serve with fried croutons.—Mrs. R. W.

MILK SUBSTITUTES.—"My small son is just two years. Up till now I have been fortunate in obtaining fresh milk each day. Living so far west as we do, I am now

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Stubborn cases that baffled physicians and beauty specialists have been cured. You have never used or heard of anything like it. Makes muddy complexions, red spots, pimples, blackheads, eruptions, vanish almost like magic. No cream, lotion, enamel, salve, plaster, bandage, mask, massage, diet or apparatus, nothing to swallow. It doesn't matter if your complexion is a "fright," whether your face is full of muddy spots, peppery blackheads, embarrassing pimples and eruptions or if your skin is rough and "porey," and you've tried almost everything under the sun to get rid of the blemishes. This wonderful treatment, in just ten days, positively removes every blemish, and beautifies your skin in a marvellous way. You look years younger. It gives the skin the bloom, tint and purity of a freshly blown rose. In ten days you can be the subject of wild admiration by your friends, no matter what your age.



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faced with the problem of not being able to get a supply of fresh cow's milk. I would like to know of any adequate substitute or what I can do to make up the necessary food value."—Mrs. C. J.—There are several powdered and condensed milks on the market which are rich in cream. Follow the directions carefully and you will have a good milk substitute. Also supplement this with reliable baby foods which you will see advertised in our pages. Don't forget also that fruit juices are wonderfully helpful.

BRIDGE QUERY.—"If you hold spades: 4-2; hearts: A-6-5; diamonds: 10-9-3; clubs: Q-J-7-6-2 and your partner opens the bidding with a spade, is your proper response one no-trump?"—Reader.—You are not strong enough to bid two clubs. If you do so and your partner rebids two no-trumps you will not know whether you should pass or whether you should bid three no-trumps. By bidding one no-trump yourself, you show your partner the limit of your high card strength immediately.

HOLES IN CAKES.—"What is the cause of holes in the cake. Some says it's too much rising; others say you should beat the mixture more after all ingredients have been mixed. I have tried almost every way without satisfaction and would be very grateful for a correct method."—Avis D.—The large holes are caused by beating your mixture too much. Rules to know are: Too much flour will make a cake rise too high and crack. Too little will make it fall. Too much fat gives you a soggy cake. Too much sugar gives you a heavy cake. If you do not beat or cream butter and sugar sufficiently, the texture of cake will be coarse.

FEET ACHING FROM WALKING.—Bathe feet in warm water, to which a teaspoonful of arnica has been added. For perspiring feet, the stockings should be sprinkled with a powder made of equal parts of Fullers' earth, powdered starch and zinc powder. This will also remove the unpleasant odour which often arises from perspiring feet. Internally, a course of silica and sulphur should be taken.—Mrs. B.

BANANA FRUIT SALAD.—Take 4 bananas, $\frac{1}{2}$ lb. grapes, 1 large or 2 small oranges, 2 slices tinned pineapple, 1 lettuce. Prepare and wash the lettuce, then drain thoroughly. Peel the bananas, split in halves, then into three or four pieces. Peel and quarter the oranges, remove pith and pips. Cut up the pineapple. Make a bed of lettuce leaves in a dish and arrange the prepared fruit and grapes on them. Serve with mayonnaise sauce.—Eva B.

BARLEY-WATER.—Barley-water for baby should be made fresh twice a day, as it quickly turns sour. Put 2 teaspoonsful well-washed pearl barley into 1 pint cold water, simmer gently till reduced to two-thirds, strain carefully. Be particular to give little sugar and only the best quality, or, better still, use sugar-of-milk. Never give alcohol or dill-water unless ordered by a doctor.—Mrs. D. K.

DELICIOUS BACON.—From Linda H.: "I was staying recently at a fashionable hotel and the bacon was always delicious. The chef informed me he soaked the bacon in milk for 15 minutes before cooking. If very salty, he kept it immersed longer. It was then fried very slowly or cooked in a moderate oven."

CHILDREN'S HAIR.—For the nits, apply calomel ointment well rubbed in at night, and wash the head with carbolic soap next morning. Repeat till thoroughly cleansed. Or, put $1\frac{1}{2}$ ozs. of quassia chips into a pint of cold water, stand 24 hours, strain, and apply at night, washing off in the morning as above.—Mrs. F. C.

Scarf Blouse.

Many of you have a large georgette or silk scarf, the type worn two or three years ago. Why not make it into a blouse? Use a scarf about 36 inches square. Lace also looks most attractive.



Maybe you have a large square cut from a wedding train. Quite simple to make and very attractive. The sketch shows you clearly how easy it is to cut and make. Fold square to triangle, then cut off point at each side for sleeves. Cut off point at waistline to fit your waist; but, better still, leave points to tuck in under skirt; they look neater.

Curve a piece of it for neckline, making a slit at back about six inches to fit neck. Join seams either side, leaving an opening left-hand side for placket. Make a small dart each side of neck to get right effect at shoulders, and make neckline a little higher. Neaten edge of sleeves and neckline, and, hey, presto! you have quite a glamorous blouse.

Selfish Worm.

Robinson, a meek little man, had taken his wife to the pictures. Suddenly she gripped his arm.

"Horace," she whispered, "is your seat comfortable?"

"Er—quite comfortable, dear," mumbled the little man in some surprise.

"And have you a good view of the screen unhindered by the person wearing that enormous hat?" she went on.

"I can see perfectly," he said.

"You aren't worried by the horrid draught from the exit door or by the smell of foul tobacco smoke?"

"Not in the slightest, my love."

"Then change seats with me, you selfish little worm!"

Baby Knitting Book, No. 3.

The knitter of baby clothes cannot afford to be without our No. 3 Baby Book. Note some of the articles:—

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HEART TO HEART

Mae West Wisecracks.

They say it's written in the stars what we'll do, but it's written in a cheque-book what we can do.

You may not know all about your future. It's fun, though, getting acquainted with him.

I try to get all there is out of life.

And the greatest joy in any design for living is a nicely designed cheque book.

You wouldn't pick a horse to win simply because it was the best-looking of the lot. Beware of the clever woman. And, another thing, a clever woman will know how to change herself from a not-so-beautiful creature into an almost-beautiful one.

From dumbness you can expect nothing but dumbness, but with brains the best or the worst can happen.

Always keep your husband poor and he'll never go far astray.

If another woman "knocks" your husband knock her. Stand up for your man even if he is mean on pay-day. You can always manicure his pockets.

Sex is never vulgar except to vulgar people.

When I marry I don't want a handsome man. I think the homely men often have more sex appeal. Besides, they are not so hard to keep.

Any woman can get almost any man she wants, but can she hold him? That's the real problem which most women overlook.

I'd rather be happy and broke than miserable in a fur coat. But the fur coat helps.

Everyone has a design for living, and everyone with any life has a design for loving.

He has designs on her and she has designs on him.

Which gives us all our pet designs—and our desire to pet.

Long Engagements.

I receive such a lot of letters from girls who have been the victims of long engagements. They don't want to end the affair, and pathetically ask what they shall do. As the months of the engagement roll into years, there is much more than a possibility of the man changing. His fiancée perhaps begins to show signs of being not quite so young and vivacious, and fickle-like he looks around for something younger. That is a brutally candid way of stating things, but it is true.

Always in a long engagement the girl is the sufferer, so my advice to girls is: "Do not be a party to a long engagement." If a man wants to bind you down to such a contract, or interfering relatives suggest it, then be quite decided and have none of it. The long engagement wears down both parties, and a man may not be altogether a cad because the sacred flame of love in his heart begins to flicker. It's no use having a scene, and the woman is better to let her man go, and have done with it. It is not the fault of either party, it is just the long engagement.

A Rolling Stone.

"The man I love is a rolling stone. He is thirty-five years old, and since he was twenty has travelled all over Australia, working here and there, earning just enough to get by on. He has never saved a

pound. But, oh, he is so charming, so interesting, so different from the other men I know who have good steady jobs and money in the bank. I myself have been working for ten years on one job and I have saved enough to make a first payment on a home and furnish it. Why shouldn't I do this? What difference does it make who provides the home so long as we have it, and each other, and love and gay comradeship? I know that he will be glad to settle down and when there is a dear little home to hold him because he simply adores me. You do agree with me, don't you?—Susanne.

—I don't wish to shatter your dreams, Susanne, yet I feel that I must remind you that a rolling stone is not transformed into a solid corner-stone simply by the reading of the marriage lines. If you yourself longed to become a gay vagabond and go gypsying over the world there is a possibility that you might find great happiness. But your letter shows you are the steady, sensible type who keeps one job for ten years and saves money for a rainy day. And you are planning to make your man become something which is totally foreign to his nature. A man who at thirty-five never has kept a steady job nor saved money is not likely to do these things now. Why not let this charming man who adores you settle down now and save money enough to make a home for you? That is a very sure and simple way of finding out whether he is in earnest about wanting a settled home with you in it. And if he does do this use some of your money for the extra touches in the home if you wish to, but put a goodly portion of it in the bank. It will add much to your peace of mind and to the security of your future.

Patience!

Never before have we all had to preserve the virtue of patience as during this war. So, if you are unable to obtain normal supplies of AUNT MARY'S BAKING POWDER, remember it is solely because important ingredients are difficult to procure. Limited supplies are still available.

The shortage is another of those unfortunate war-time problems which all must share until Victory is achieved.

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piece set least part; The kitchen still
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set in. and Stitch; Marguerite Fern Set;
Fifty Baby Set with Little Yellow
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Eleanor Parker, features a Warner Bros.' attractive style based on the shirtmaker and shimmy modes combined. Neck-lines look very fresh with a touch of embroidery continuing from the waist to the blouse, giving that smart touch of careless gaiety to the frock. The three-quarter sleeves have no fulness at the armholes.

No Time for Sport.

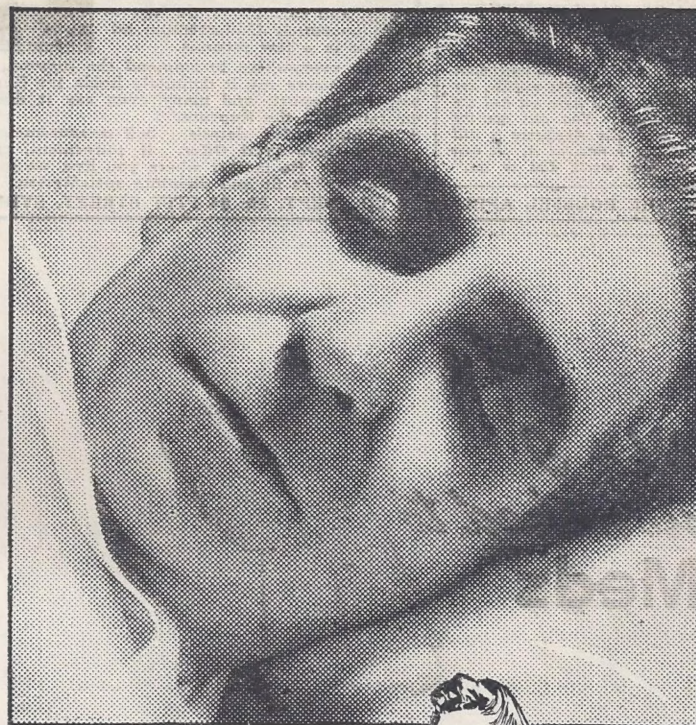
Public clamour for Army and Navy athletic extravaganzas, such as all-star baseball and football games, is strongly criticised by Commander Gene Tunney, former heavyweight champion of the world.

"You can't train a man to be a fighter while he's playing baseball and football," said Tunney.

"We've just got to stop this athletic boondoggling. It has no place in war or preparations for war. If professional athleticism could win wars, America would already be victorious. We have led the way for 20 years with such nonsense.

"I benefited from the foolishness and made a million dollars in three minutes. This war is so deadly serious that nothing else counts. Sports, broadly speaking, should be confined to those under the war age. Military training and commando exercises can provide all the sport required by those of military age. That's the sport our enemies are indulging in and we must meet them and beat them with their own weapons."

The world has too many cranks and not enough self-starters.



he's sleeping like a babe

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*Why I
switched to
Meds*



—by a hospital nurse

It would be silly for a nurse not to keep up with modern ideas. I've used internal sanitary protection even though it cost me a lot more. But when I learned that the makers of Modess had brought out Meds—a new and improved tampon at only 1/8 a box of ten—I decided to try them. And am I glad I did! Meds are the best tampons I've ever used. And they're the only tampons in individual applicators that are so reasonable.



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When knobs of doors have to be cleaned with polish, use a large piece of cardboard with a hole in the centre, just enough to

encircle the knob. A slit in the cardboard will let it slip over easily. This prevents the paint from being spoiled.



As refreshing as a spring breeze, is the effect of this cool green linen suit worn by Joan Bennett. The jacket has four slit pockets, the skirt has front pleats. A Marjorie Montgomery design, this is an ideal suit for all spring and summer wear. The diamond studded lapel ornament in the form of a miniature vase is from Laykin et Cie. Joan Bennett is currently co-starring with Franchot Tone in the Columbia picture, "A Yank in Dutch."

"HOME JOURNAL"

16-PAGE SUPPLEMENTS 5d. EACH.

Readers often ask for extra copies of Supplements given with the different issues of the "Australian Home Journal." Here is a list of Supplements available for 5d. each—while they last!

LADIES' KNIT WEAR: Teal and wine jumper; turquoise jumper; ribbed knitted jumper; jacket cardigan; yoke jumper; blue cable jumper; frilled jumper, etc.

SAY IT WITH FISH! "Out of the box" fish recipes and sauces. You will be delighted with these. You don't know what you can do with fish, oysters and prawns till you study this booklet, which includes several chefs' exclusive recipes.

EASTER RECIPES: Fish, Cheese, and Egg Dishes of rare excellence (illustrated). With these dishes, Easter can be made a season of delight. The variation in food is exceptional, and shows how much can be done by the cook of experience. Keep this book always by you.

MUMMIE WON A PRIZE: The prize-winning recipes (illustrated) in the big "Australian Home Journal" Cookery competition. £400 prizes.

COUSIN ALICE CAME TO STAY

By MOLLIE DONOVAN MAULE.

The Glennings were at breakfast—just an ordinary family, like thousands of others.

Madge, looking a little more than her thirty-nine years because she had long since ceased to pay much attention to her appearance, poured out tea with a pre-occupied air, and tried to read the letter beside her plate.

Madge finished the letter at last, and her brows were drawn together in a deep frown. As if she hadn't enough to worry her without this! It wasn't that she didn't like cousin Alice; she was quite a nice, inoffensive little thing. But to have her living with them permanently!

And yet she had felt it her duty to write and offer the poor little soul a home now that old Uncle George was dead, leaving

"I'll do all I can to help in the house," Alice had written.

But Madge knew what that meant! Other people always did things differently to the way you did them yourself. She knew it would get on her nerves to see Alice fussing and finnick about. Another person in a house always upset things.

And then there were the children. They hated the idea of cousin Alice coming. Janet would be more moody and difficult than she was already. Especially as it meant cousin Alice having to share her



"I wonder you don't try one of those new brightening shampoos, Madge. You've got such pretty hair."

Frank, deep in the morning paper, ate his bacon and eggs mechanically, scarcely noticing the flavour as he read the depressing news.

Janet and Jack, eighteen and sixteen respectively, were deep in their own little worlds of thought.

her completely unprovided for. It wasn't as though she were the type to get a job. She was too nondescript, too colourless. All those years looking after her grumpy invalid father seemed to have drained all the enthusiasm out of her.

bedroom.

Oh dear, it was all very difficult!

She glanced across at her husband barricaded behind his newspaper.

"Frank!" she said sharply. "Do for heavens' sake put that paper down for a minute. I want to talk to you."

"Eh—? What?" Frank looked up. "What did you say, my dear?"

Madge clicked her tongue impatiently. "Anybody would think there was something nice to read, the way you lose yourself every morning. It's about cousin Alice—she's coming next Monday."

Frank sighed resignedly. "Oh well, I suppose it can't be helped. It's a pity there wasn't somebody else who could have taken her. I can see I shall never get a chance of a nice quiet read over the fire with you two women chattering away."

"I shouldn't complain if I had nothing more than that to worry me," Madge retorted rather bitterly. And she thought—Isn't that just like a man! Only thinking about himself! He doesn't realise what it means to a housewife to suddenly have an extra person thrust upon them. It was difficult enough to budget as it was with prices going up every week. What with rationing and never knowing whether the butcher would be able to send her what she ordered, life seemed to be getting more difficult every day.

"Do you really mean to say that we're going to have that old frump of a cousin Alice living with us?" Jack demanded, his mouth full of toast and marmalade. "It's a bit thick I must say!" And he was thinking—That puts paid to me practising my poster-drawing in the front room in the evening. Since Dad didn't approve of him "wasting his time," as he called it, when he ought to be studying for his school exam, and since Janet scoffed at his "daubs," he'd never confided to the family his great ambition to become a poster-artist.

But as the early spring evenings had grown lighter and warmer he had got into the habit of using the front room as a kind of unofficial studio. Mum and Dad thought he was reading in there, and he had fostered that belief. With Janet out most nights with her latest boy-friend, Mum and Dad scarcely ever used the front room in the evening. But with cousin Alice coming, they'd be sure to go all "social."

It was a bit thick when you came to think of it! Why the heck couldn't cousin Alice find somewhere else to live?

"I don't see why you should worry!" Janet cut in, her cheeks flushed, her eyes sparkling with indignation. "I'm the one who's going to suffer most. How would you like it if you had to share your bedroom with someone else years older than yourself? There's barely enough room in my wardrobe as it is. And when there's another bed in the room I'll hardly be able to turn round. Besides, I can't bear sharing with anyone. I really don't see that there was any need for you to suggest her coming and living here, Mum. If we'd got a spare room it would be different. But as it is— Oh, I'm fed up!" Jumping up from the table, she went quickly out of the room.

Although it was perfectly true that another bed would cramp her room terribly, and that her wardrobe wasn't really large enough to hold two people's clothes, that wasn't her real reason.

Neither of these reasons really counted. Her real objection to sharing a bedroom with her dowdy, middle-aged cousin—and it was an objection that she couldn't very well confide to the family—was that she would no longer be able to spend those hours before her mirror practising out different make-ups, different hair styles, different glamour hints that she had read

about in beauty articles—all in order to make herself beautiful for Colin.

There was no doubt about it, Colin had been different lately. He had seemed quite keen on her at first. But lately—it was difficult to say what it was—but he quite definitely seemed to have cooled off. It wasn't anything that he had said. It was just something that she could sense.

If only she knew where she was with Colin! It was awful caring for him in the way she did, and not knowing whether he cared for her!

She'd done everything lately to try to make herself more attractive.

Sudden smarting tears filled her eyes, as she remembered the casual way he had said good-bye last Saturday, not suggesting another meeting. Oh, surely he'd telephone her again soon! If she rang his office it might look as if she was running after him.

She hastily applied some more lipstick before putting on her hat and coat.

"I'm off!" she called through the living-room door; and she set off for the big store in whose millinery workrooms she was employed, in a very bad temper indeed.

In fact, what with one thing and another, it was a very good thing that cousin Alice couldn't see into the Glenning home that morning—for she was a sensitive soul, and it's not pleasant to know that you're not wanted.

Cousin Alice had been with the Glennings a week, and Madge had to admit that it wasn't working out so badly after all.

Alice didn't fuss and finnick as she had expected. She was really quite helpful about the house. And it was rather nice to have a woman to chat to.

It was wonderful how cheerful Alice was, considering the life she had led. It couldn't have been much fun looking after grumpy old Uncle George. But Alice never spoke bitterly of the past. Her references to her dead father were always tender ones.

"Poor old daddy," she would say. "He suffered such a lot. It was really a merciful relief."

Comparing Alice's life with her own, Madge realised what a lot she had to be thankful for. She'd got a nice home and a good and faithful husband; and if her marriage had grown rather prosaic, she supposed that was only natural. You couldn't expect the bloom of romance to last for twenty years. Still, it would be nice if Frank would only take a little more notice of her. She might have just been part of the household furniture for all the attention he paid her these days.

But there again she supposed it was only natural. Most men after twenty years of marriage take their wives for granted. It was foolish of her to expect flattery from Frank at her age.

She couldn't remember when he had paid her a compliment last. Still, she supposed she ought to be thankful that he wasn't paying compliments to other women! After all, he was still quite attractive, and didn't really look his forty-three years.

It was that afternoon, as they sat having an early cup of tea, that Alice said—"I wonder you don't try one of those new, brightening shampoos, Madge. You've got such pretty hair. I remember when I was younger how much I used to envy you your golden tresses."

"Did you really, Alice?" Madge smiled her gratification. She remembered how Frank had said when they were engaged—"Your hair seems to have trapped all the

sunshine." But for years now it had been losing its brightness, and it had grown much darker.

"I'll help you shampoo it to-morrow, if you like," Alice went on. "And I'll try and set it for you in one of these new brushed-up styles with curls on the top. I've always felt I'd like to be a hairdresser. There was a girl who lived next door to us at home who always let me do her hair for her. She said I made it prettier than they did at the hairdresser's."

"You can try doing mine if you like," said Madge a little dubiously. "But I doubt if it'll go any other way than the way I've always done it. It's sort of got set."

"Oh, nonsense!" Alice laughed. "With natural waves like yours, one can do anything with it."

To her surprise Madge experienced a little thrill of excitement at the idea of having her hair dressed in a different way. Years ago she had found a quick and easy style, and she had stuck to it ever since. With so much to do about the house she really couldn't be bothered to "waste" time fiddling with her own appearance.

But now, after what Alice had said, she began to think that perhaps she had made a mistake.

"I'm surprised you and Frank don't go to the pictures in the evenings sometimes," Alice went on. "You scarcely ever seem to go out."

"By the time the evening comes I always feel too tired!" Madge sighed. "Besides, I don't believe Frank ever feels much like going out."

"I expect he would. Especially if he thought it would give you pleasure. I hear there's an awfully good film at the Regal. Why don't you go to-morrow night! You could wear that pretty blue dress I saw hanging up in your wardrobe. I'm sure it suits you beautifully."

"Oh, why that's my best dress, Alice! I had it made for Ena Watson's wedding. I don't believe I've worn it since. I've been waiting for a suitable opportunity."

"It'll be out of fashion soon, if you don't hurry up," Alice laughed. "If I had a dress as pretty as that I'd find lots of opportunities."

"I believe you're right," Madge murmured. "It is silly to let it just hang there in the wardrobe getting out of fashion. The fact is, I'm usually too tired to bother much how I look. I'm afraid I've been getting a bit slack."

"Well, now I'm here to help you, you could spend a little more time making yourself pretty, couldn't you? If I had your looks I should be as vain as a peacock!"

Almost without thinking, Madge rose and surveyed herself in the mantelshelf mirror. Alice was right! With her blue eyes and fair hair she wasn't at all bad looking. And a new hair style would make a lot of difference. She might even try just a tiny touch of rouge and lipstick, too. Everybody seemed to nowadays. And she had to admit it did improve them, if they didn't use too much.

"I'll see how Frank feels about to-morrow night," she said, and humming a little tune, she carried the two teacups into the scullery.

Janet's heart thudded with excitement as she hurried home from business that evening.

In an hour she would be seeing Colin!

He had written that morning to say he would call for her at half-past seven. She

would just have time to have a bath and change and make-up. She'd bought some new eye-shadow and lipstick. The eye-shadow was green, and sounded awfully glamorous. She would try to put it on the way the film stars did. Maybe, too, if she widened her mouth a bit, carrying the lipstick right to the corners, she would look more like those lovely girls who illustrated the beauty articles.

Having reached home, she dashed into the living-room to tell her mother that she wouldn't be in to supper, and then flew upstairs to the bathroom.

Emerging some twenty minutes later, rosiely flushed, she was annoyed to find cousin Alice seated by the window in the

well-proportioned that you scarcely notice it. He's got a rather thin face, with a straight nose and steady blue eyes. He's kind of—eager." She knew she was describing Colin very badly, but cousin Alice seemed to understand.

Alice nodded slowly. "He sounds rather like someone I used to know long ago," she murmured.

"Were you in love with him?" Janet asked, more for something to say than because she was really interested. She couldn't imagine cousin Alice ever having been in love with anyone.

"Yes—terribly." It was little more than a sigh. "But I was very young, and very foolish. I thought that he couldn't really

listening with interest. Her movements were quite mechanical as she wiped off the cold cream with a face tissue.

"I don't believe all the time I knew him I was ever quite myself," Alice went on.

"And what happened?"

"Nothing happened. He—just dropped me after a time. I suppose he got tired of never finding the real me. He went away to London, and I never heard of him again."

"Oh—I'm so sorry!" Janet spoke impulsively. It was such a pathetic little story.



"I often think how different my life might have been if I hadn't been so foolish," Alice continued.

bedroom, mending stockings.

She wondered whether she could ask her to go downstairs, but didn't quite like to. She hated dressing and making-up in front of someone else, but she supposed there was no help for it.

"Is he good-looking, this young man you're meeting?" cousin Alice asked, as Janet vigorously greased her face.

"I think so." Janet's voice held a little tremor. "He's not very tall, but he's so

like me just as I was—simple and rather countryfied. So I put on airs and graces that I thought would attract him. I tried to alter my voice so that it would be like a famous actress I had once heard—low and husky. Though I'm afraid all I succeeded in doing was making it sound cracked."

In spite of herself, Janet found she was

"I often think how different my life might have been if I hadn't been so foolish," Alice continued. "But one is seldom given a second chance in this world."

Janet listened with half an ear as Alice went on reminiscing softly. The new eye-shade didn't seem to be going on pro-

perly at all. It didn't make her look a bit like a film star. Impatiently she wiped it off again. Time was getting on, and she hadn't even done her hair yet.

"My dear, there's a ladder just starting in your stocking. If you slip it off, I'll mend it for you before it goes any further."

"Thanks awfully." Janet peeled off the fine silk stocking, and returned to the mirror.

She tried the new lipstick, widening her mouth audaciously. Then saw to her dismay that one side didn't match the other. But having Cousin Alice sitting here made her feel nervous—she never could make-up properly when anyone else was in the room.

By the time she had wiped it all off, she saw that it was twenty past seven. Why on earth had she wasted time listening to cousin Alice!

She dragged her dress over her head, and pulled a comb hastily through her disordered curls. There was no time to try that new elaborate hair style she had seen. She would just have to tie a ribbon round it, and trust to luck that Colin wouldn't notice how ordinary it looked.

She had just put the mended stocking on when there was a ring at the front door. "Good heavens, that's him!" she cried.

There was only time now for the merest little dab of lipstick, and her eyes would have to remain as they were.

Snatching up her hat and coat, she flew downstairs. She had particularly wanted to look her best to-night, after not having seen Colin for so long.

This was what came of sharing a bedroom with someone else! she thought, as she opened the front door.

And suddenly, unbidden, came cousin Alice's words—"I don't believe I was myself the whole time I knew him." Poor, foolish cousin Alice!

And then, sharp and sudden, came the thought—aren't I doing precisely the same thing? Cousin Alice tried to imitate the voice of a famous actress. And I try to imitate the mannerisms of film stars!

Could it be possible that that was the reason Colin seemed to have been cooling off lately?

But it wasn't until later that evening, as they sat opposite each other in a secluded corner of a cosy little restaurant, that Janet learnt the answer.

"I've never seen you look as lovely as you do to-night," Colin whispered. "It's the different way you're doing your hair, I suppose. It looks perfectly sweet tied up with a ribbon like that. And it isn't only your hair. You—you seem different altogether." His young voice grew husky. "Let's get engaged, Janet. I've been afraid to ask you before because—well, it didn't seem to me that you'd be satisfied to be the wife of an engineer earning three-ten a week. You seemed so smart, so sophisticated, so sure of yourself." He laughed rather shakily. "I was a bit afraid of you. But to-night—" His hand stretched across the table.

Janet's eyes were starry as they stared into his.

"Oh, Colin!" she whispered. "Oh, Colin, I love you so!"

It was the following evening. Frank and Madge had gone to the cinema. Janet was out with Colin again. Cousin Alice was knitting by the fire in the living-room.

Jack had seized it as a splendid opportunity to try out an idea he had for a poster. Half-finished sketches lay all over the table in the front-room. On a large

sheet of drawing paper was the rough outline of the idea he was working on. But somehow it wouldn't come out right. The figure of the girl looked all out of proportion—she looked more like a contortionist than the spirit of Spring he had pictured in his mind.

He looked up with an impatient frown as the door opened and cousin Alice came in.

Quickly he pushed his sketches together. But it was too late—cousin Alice had seen them.

"I didn't know you were fond of drawing, Jack," she said, crossing to the table. "Won't you show me?"

"Oh, it's nothing much," he mumbled awkwardly. "It's just an idea I had for a poster—the spirit of Spring emerging from the cold darkness of winter. But it won't come out right."

Cousin Alice studied the rough sketch. "It's a very good idea," she said; "but you've got your proportions all wrong. I studied art when I was a girl. Only I had to give it up when mother died and there was nobody else to look after father."

Jack looked at her with new interest. He'd no idea that cousin Alice knew anything about art.

"This face," she said: "it's far too long from the eyes to the chin. That's what's making it look so wrong. If you draw an oval and divide the face up like this to start with, I think you'd find it easier." She illustrated what she meant. "The eyes should come half-way between the top of the head and the chin—so. Then half-way between that, the tip of the nose, and half-way again, the mouth. You see?"

"By jove, it already looks more like a face than mine!" Jack stared in amazement at the lines she had drawn. "I can see now. My girl looks as if she'd been sliced off at the top."

"You've got an awfully good idea of colour," cousin Alice went on, turning over some of the other sketches. "I like your solid blocks of yellow and green and purple."

Rather to his surprise, Jack found himself confiding his ambitions to be a poster artist. "Dad wants me to be a chartered accountant, but I hate figures. I'd love to be able to study art properly, but I'm sure if I suggested it to Mum and Dad the balloon 'ud go up!"

"Well, personally, I think you've got real talent," said Cousin Alice. "I'll speak to them, if you like. In any case there's no reason why you shouldn't go to night classes whilst you're still at school. It will give you a good grounding anyway. In any case I should go on getting ideas down on paper. And don't be put off by people laughing at you. It's your life and your talent, and it's up to you to make the most of it."

"I will!" Jack's eyes were alight with enthusiasm as they followed cousin Alice's trim little figure out of the room.

The cinema was warm and comfortable, and the big film told a charmingly romantic story.

Madge's eyes were sentimentally moist as she sat close to Frank, feeling the pressure of his arm against hers.

She had shampooed her hair that afternoon. She had used a brightening rinse, and cousin Alice had set it for her in soft curls at the top of her head. It was certainly wonderfully becoming, and Frank, over supper, seemed to have looked at her with new eyes.

"There's a new dress, isn't it?" he had said.

And she had answered—"Why silly, I wore it at Ena Watson's wedding!" But she had felt a glow of pleasure.

Her mirror had already told her that she looked years younger, and it was nice to think that Frank had noticed it. Perhaps marriage could still be a beautiful and romantic thing even after twenty years.

A warm glow of contentment ran through her now as Frank's big hand groped for hers and closed over it.

"We must come to the pictures more often," he whispered, when the big film had come to its satisfactory end. "I'm afraid I've been getting a bit into a rut, but it does one good to get out and about. Especially when one's got such an attractive-looking wife to keep one company. I swear you hardly look a day older than when I married you, with your hair done like that and in that blue dress."

Madge knew she was blushing like a young girl.

The newsreel came on, and for a moment her eyes clouded as she saw soldiers marching along muddy French roads.

And then a wave of thankfulness swept over her at the thought of how lucky she was to have a son who was too young to go, and a husband who was just too old.

"I'm one of the luckiest woman that ever lived!" she told herself. And she sighed happily as she rested her head against her husband's shoulder.

The Glenning family were at breakfast.

Cousin Alice, who had been living with them just six weeks, put down a letter she had been reading. Her mild blue eyes shone with excitement.

"A friend of mine wants me to help her with a tea-shop she's opening in West-hampton," she said. "There's a big training-camp there, you know; so I think she stands a good chance of doing well. She can't afford to pay me much just at first, but so long as I can keep myself I shall be satisfied. It'll be nice to be independent."

"That means you'll be leaving us?" Madge's voice held a note of disappointment. "I shall miss you, Alice."

"It's nice of you to say that. I've been wonderfully happy here. And you don't know how much I appreciate your kindness in having me. But I know how awkward it is when you've a family, having an extra person thrust upon you. Still, I hope I haven't upset things too much?"

"Indeed, no!" said Frank.

And Janet, who sported a brand new engagement ring on her finger; and Jack, who was revelling in his two nights a week at the art class—both echoed a sincere "Yes, we shall miss you a lot!"

Quick Luncheon Soup.

In the morning, when I am preparing my celery for dinner at night, I set aside the leaves, the outside stalks which are not palatable, and the stub or root. These I put in a covered dish, add cold water to cover, a small piece of onion and a sprig of parsley. I let this simmer until luncheon time. Then I strain the liquid, add a pint of hot milk, some butter and celery salt and a little flour to thicken. Served hot with wholemeal bread this makes a nourishing and palatable luncheon.—J.B.

"I never let an idea escape me, but write it on a piece of paper and put it in a drawer. In that way I sometimes save my best thoughts on a subject."—Abraham Lincoln.

HOW TO SEW

There is no prettier edging for the collar and cuffs of children's garments than contrasting blanket stitching. Here are five different ways to use this stitch for an edging, and sketch 6 shows how it may be used to make an all-over design that might be used for a pocketbook or for wide bands to trim the sleeves of a dress. Coloured embroidery will be one of the outstanding features of the new season's fashions.

Blanket Stitch (diagram 1): Generally used as a decorative finish for a hemmed or faced edge. Work from left to right, throwing the thread under the needle for each stitch. If a corner is to be turned, gauge the stitches to make an attractive finish, as shown.

Closed Blanket Stitch (diagram 2): Here the stitches are slanted so that they are closed at the top. To hold the stitches in this slanted position it is necessary to bring the needle through the fabric at the very edge of the work, as shown.

Crossed Blanket Stitch (diagram 3): This stitch is the same as the closed blanket stitch except that instead of just meeting at the top the stitches are crossed. Notice here again that the needle is brought through at the edge of the work, so that the stitch may be held in a slanted position.

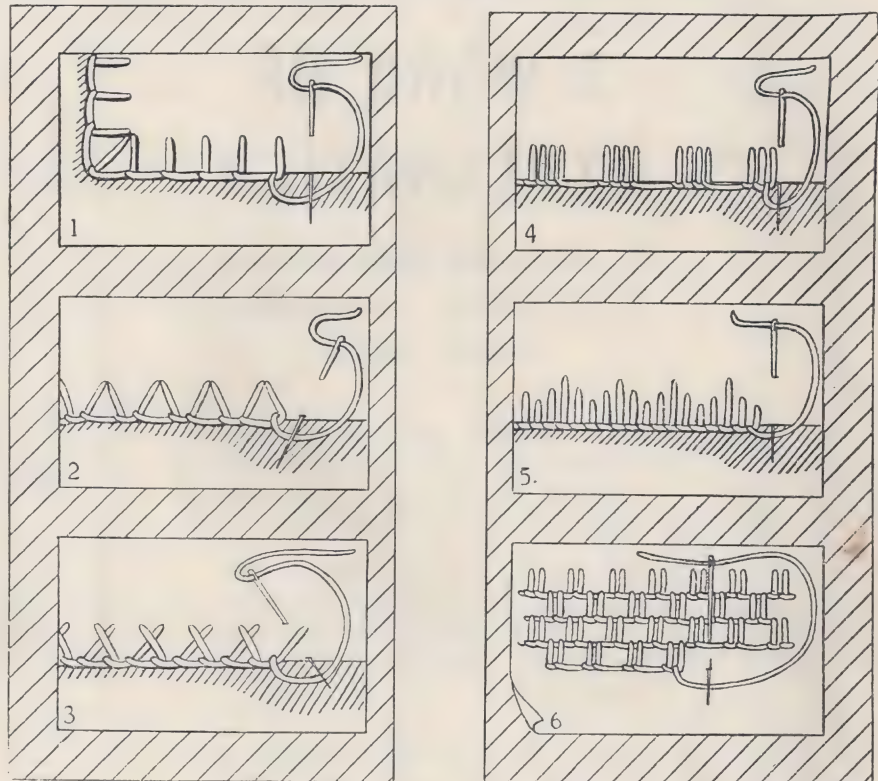
Grouped Blanket Stitches (diagram 4): Groups of blanket stitches with space between give a more concentrated colour effect than evenly spaced stitches.

Graduated Blanket Stitches (diagram 5): Spaced close together and graduated in length, blanket stitches make a border that

has both colour and design interest.

Blanket Stitch Filling (diagram 6):

Either plain or grouped blanket stitches are particularly attractive when worked in parallel rows, as shown. Here four rows of grouped blanket stitches, the group alternating in each row, give a pleasing and well-balanced effect.



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Practical Sewing Page

Again we have another of the "Sew and Save" series. As our coupons get scarcer, there is still more and more necessity for

this class of home help. Why not make two old frocks into one of those smart two-toned styles? This is a variation of the usual process, and is a more rapid way of using up those frocks which under ordinary circumstances you would discard altogether.

You will notice how it is again possible to handle bits and pieces; strips of one frock may be employed in a most effective way for the ornamentation of the other. But, after all, what we give is a suggestion only. When you go into your own individual problem, various ideas and plans will quickly occur to you. We can only talk in generalities; but it is your own alteration scheme that can become so fascinating. And what a lot of joy you get out of viewing the completed article that seemed so hopeless at the start!

It is quite easy to follow what we have featured on this page.

Sketch 5717 shows

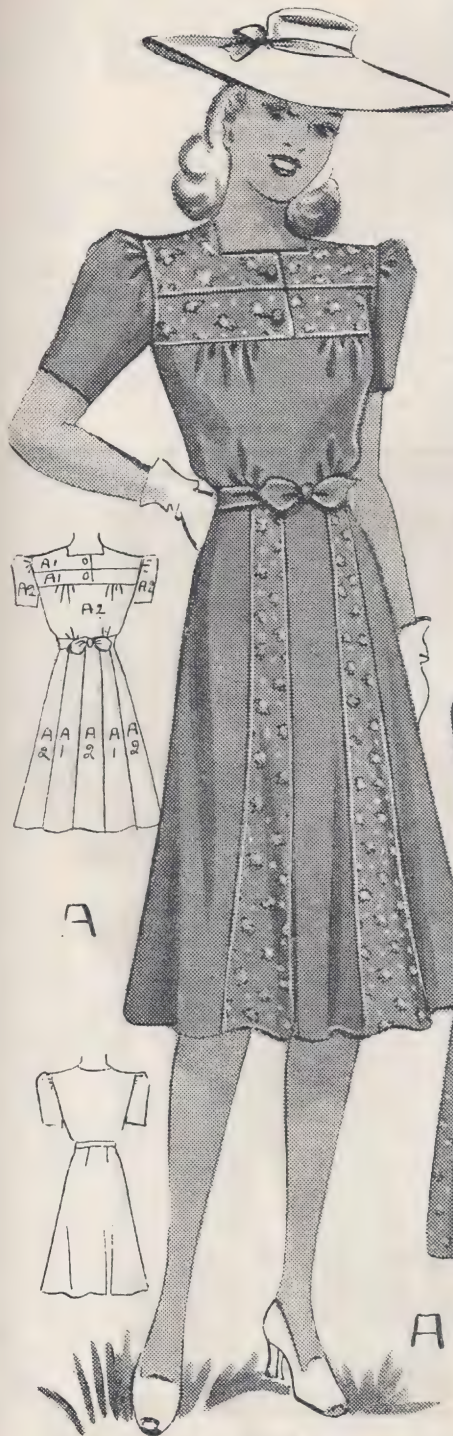
a modern frock re-made from two of last season's. You will note how the plain frock is altered by adding the yoke and panels of fancy material. Two coloured materials look equally smart and even more attractive, such as black and royal, black or navy and pink, etc. I saw two maues employed the other day, and they looked right up to the minute.

If it is not quite suitable for you to use up two old frocks, well, use just one and get an extra yard of material of a different colour. You will notice sketch A1 and sketch A2 help to complete the frock A. Try this, or a similar idea. It will be most interesting, and different ideas will come to you as you proceed with the work.

Sketch B (9562) is a kiddies' frock made from one of mother's or aunty's last season's frock. A most attractive little style, and you have plenty of material to cut from; pieces left over can be used for bazaar or gift articles, coat-hangers or maybe one of those quaint animals we have illustrated from time to time, for which we sell patterns.

You will be surprised how cheeky a floral coat can look. Do keep on with your sewing and thus help the austerity campaign—a worthy cause, besides giving you personally a great interest.

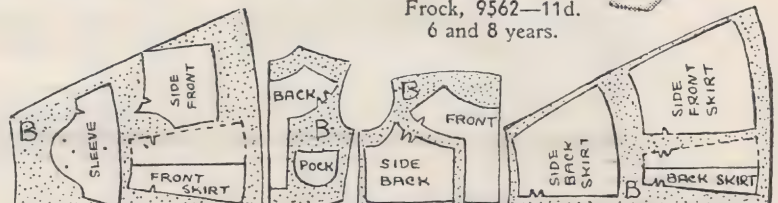
Don't forget to press garment well after unpicking carefully.



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South Africa: Shakespeare House, Commission St., Johannesburg, P.O. Box 5811.

Equal Chances.

Some use their opportunities and make the most of chance—develop minor faculties to further their advance because they have the courage for responsibility. Others with an equal chance and same ability dare not climb the ladder just for fear that they might slip and wait, debate and waver in uncertainty of grip. But Life gets tired of feeble hearts and fate gives her chances where she knows they will be used.

Keep it Fresh.

Keep bread in a dry, cool place in a covered pan. If there is no ventilation hole in the lid, keep the lid slightly tilted.

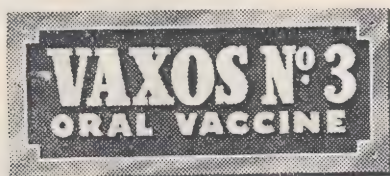
If the bread is kept in a tin, punch one or two holes in the lid.

Wipe out the bread-pan with a dry cloth twice a week. Wash out and dry thoroughly at least once a month. In very hot weather wrap the bread in a clean linen towel or cloth.

Never put away bread which is still warm from baking.



Mannish glen plaid wool trouser suit, designed for Martha O'Driscoll, Paramount player appearing in "Midnight Angel." The trousers are tailored exactly like a man's and have a fly front closing. Her brown leather belt was purchased in the men's section. Her box coat is single-breasted and is trimmed with two large saddle pockets which add a distinctly western touch.



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ECZEMA, PSORIASIS, ACNE

These and other disfiguring skin disorders like Carbuncles and Boils are definitely bacterial infections. Unlike ordinary medicines, Vaxos No. 3, absorbed into the bloodstream, destroys the bacteria and prevents recurrence.

Vaxos No. 3 is taken a few drops at a time in water each day.

VACCINE PRODUCTS (AUST.), 582 Little Collins Street, Melbourne; C.1

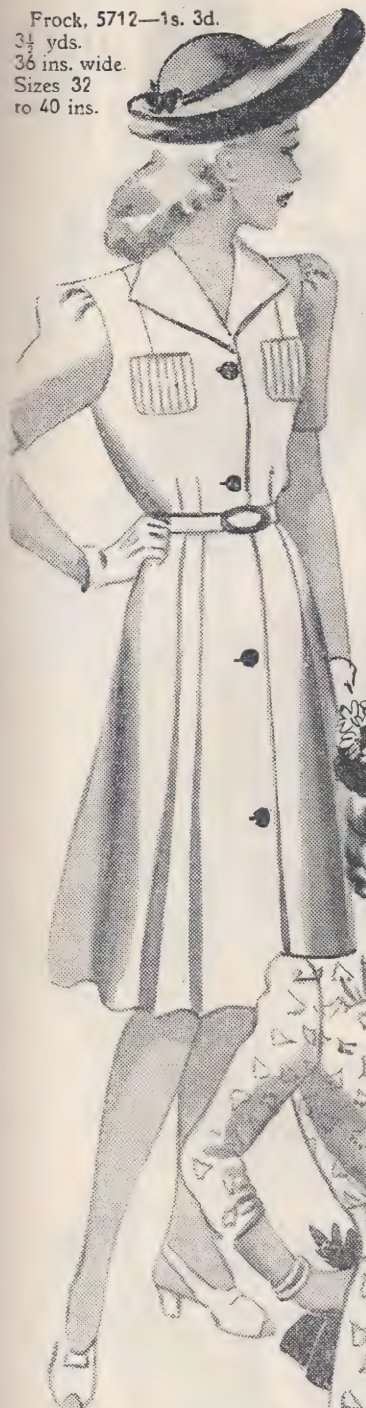


3 WEEKS' TREATMENT **12/6**
6 WEEKS' TREATMENT **21/-**

Fruit tarts, made in a flat tin, will cook better if a number of holes are pierced in the bottom of the tin. This allows the steam to escape, thereby preventing that

sogginess of the bottom pastry which is so often the case in apple tarts especially. A small incision, ½ inch in length, in the top pastry cover, also helps.

Frock, 5712—1s. 3d.
3½ yds.
36 ins. wide.
Sizes 32
to 40 ins.



Royalty's Lead.

The altering and making over of dresses has long attracted the attention of people in high places, to whom the saving of coupons has also become a necessity.

Our English correspondent states the public would be surprised how Royalty itself has settled down to the problem of material saving in order to assist the war effort. The Queen has personally taken great interest in the making over of dresses. She has visited sewing circles, and has taken part in the work of making over discarded dresses into frocks for both old and young.

Her lead in this respect has given a big fillip to the dress renovation movement. Her Majesty, during the war-time, has been most austere in dress-ware, and the two young princesses have been told they have to carry their share of the war burden in this regard, just the

same as everyone else. To their credit be it said they have responded most enthusiastically.

High Style Notes.

Here are some of fashion's latest "pointers" as supplied by our New York correspondent:—

Waists are pinched in, accentuated by front fulness in the skirt. It's the figure flattering note that's been adopted for dresses for daytime and evening wear.

Frills for flattery take the form of foamy white collars, cuffs and edgings. Lace-edged pique, faille and organdie detachable jabots are used extensively. Lingerie is still refreshing.

Bright prints, ablaze with beauty and colour, run the gamut, from tiny patterns to huge, vivid floral patterns. On white grounds, the contrast is striking.

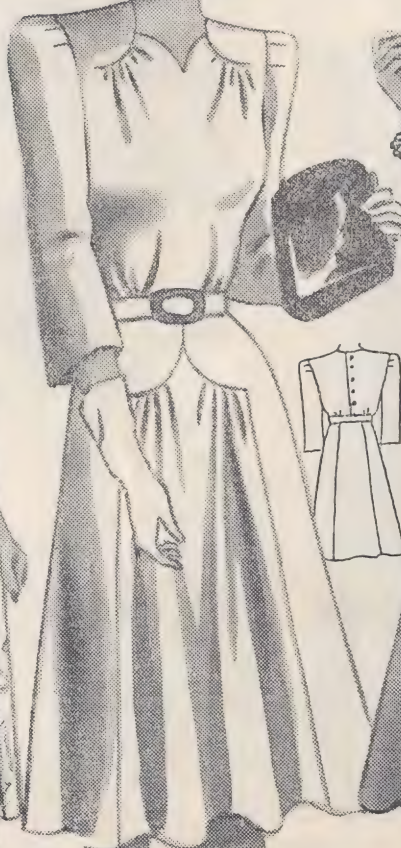
The popular silhouette this season makes a point of front skirt fulness. The hips otherwise smooth, there are soft gathers or shirring to achieve this slight fulness.

Colours are gay and summery

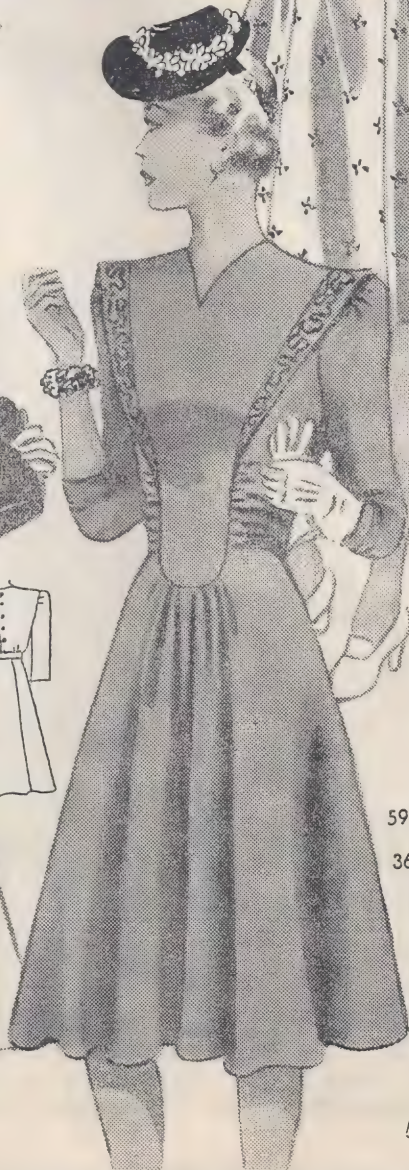
Frock, 5953—1s. 3d.
3 yds.
36 ins. wide.
Sizes 32
to 40 ins.



Frock, 5946—1s. 3d.
3½ yds.
36 ins. wide.
Sizes 32
to 40 ins.



Frock, 5921—1s. 3d.
3½ yds. 36 ins. wide.
Sizes 32 to 40 ins.



ALTERNATE SLEEVE

Frock, 5925—1s. 3d.
3½ yds.
36 ins. wide.
Sizes 32
to 40 ins.



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London Dresses.

From our London correspondent:—

"A gaze around the shops, Regent Street, Oxford Street, Bond Street, is both surprising and cheering. We have completed the third year of the war, and still the shops are showing colourful and stylishly made dresses. It is the same in other centres. I was in Edinburgh a few days ago, and Jenners there had a splendid display of frocks, choice and well made and all of them stylish.

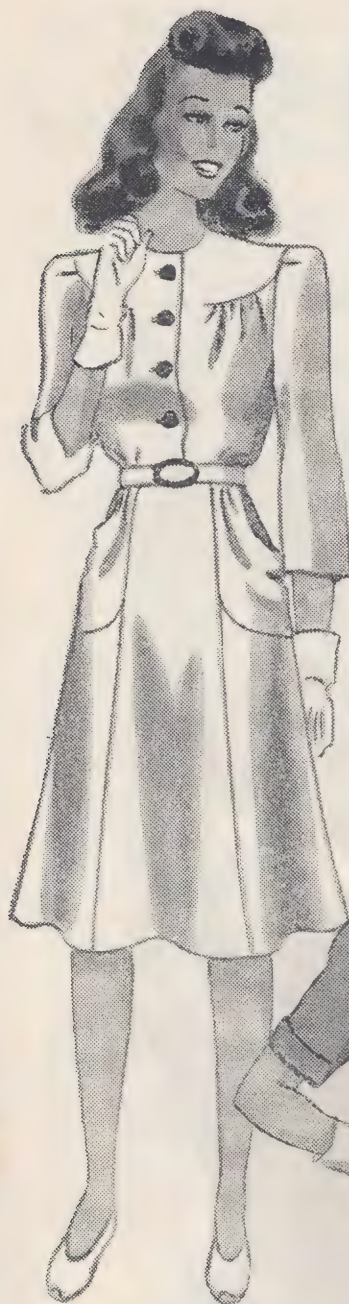
"This afternoon I was inspecting decorative summer clothes at Knightsbridge. One frock, for all occasions, was made in delustrated rayon, white spots on petal pink. It could also be had in a sky blue background. Then a quick ride in the underground brought me to Debenhams in Wigmore Street, where there was quite a sizeable collection of washing frocks, well-tailored cottons in gay checks, and with godet skirts. There were classic washing frocks in multi-coloured striped silks. One very attractive dress in shantilla had tiny massed flowers in artistic colourings and a graceful skirt with pointed godet panels. So London is not wiped out yet, by a very long way!

"In England and Scotland people are going in more for tweeds than anything else, because that makes the best possible use of our precious coupons. These tweed costumes are smart and hard wearing, and have this merit, they are never dated. You can choose quite a variety of accessories to go with your costume, hat, blouse, belt, scarf, bag, gloves.

"And you can ring the changes on these accessories which seems to give your costumes new life."

Suit, 5950—1s. 3d.
3½ yds. 36 ins. wide.
Long sleeve, ½ yd. extra.
Sizes 32 to 40 ins.

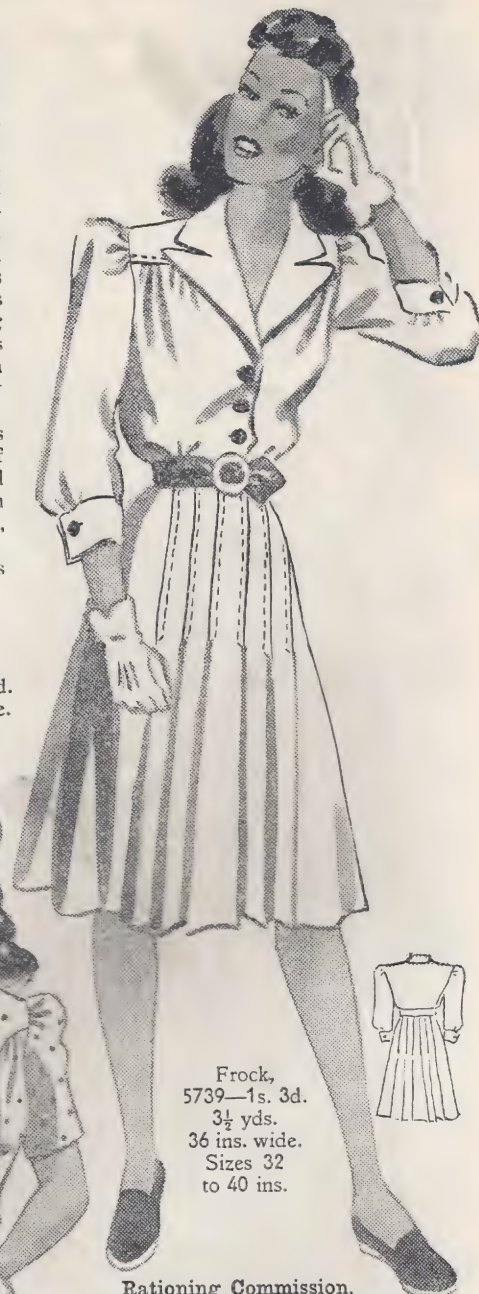
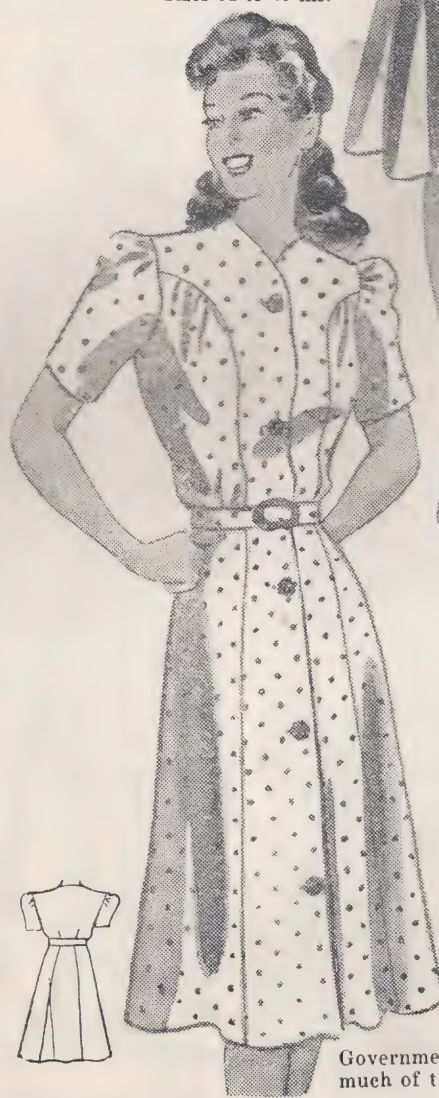
Frock, 5703—1s. 3d.
3½ yds. 36 ins. wide.
Sizes 32 to 40 ins.



Frock, 5920—1s. 3a.
3½ yds. 36 ins. wide.
Sizes 32 to 40 ins.



LONG
SLEEVE



Frock,
5739—1s. 3d.
3½ yds.
36 ins. wide.
Sizes 32
to 40 ins.

Rationing Commission.

Here is advice from the Rationing Commission that is worth while noting:—"No article of clothing should be bought unless it is absolutely essential; clothes should be patched and mended, renovated and remodelled before any new purchase is made. It is only by doing this that the civilian population can relieve the heavy drain on Australia's resources, and thus contribute to an even greater war effort."

Don't Hoard.

Again the official request has gone round not to hoard on dress materials. Some people with plenty of money and a more than usual share of selfishness have stored up materials much beyond their normal requirements. It is quite possible they may be called on by one of the

Government inspectors and made to disgorge much of their surplus purchases.

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Dress Balance.

Another worthwhile resolve is to keep the proper dress balance.

Watch the narrow silhouette like a hawk.

Just because skirts are slightly fitted this year, don't let them look like hobble skirts on you.

And when you wear a tunic, be sure it is in correct proportion to your height.

For instance, if you are tall, you can wear a long tunic; but if you have not height and carriage, then beware; you can look like a lamp shade gone wrong all too easily!

Military Copies.

It is noted in the newer fashion styles there is a tendency to get away from the military imitation scheme.

Formerly, there was so much copying of military modes for feminine wear that much of it became embarrassing to the military authorities, and a small whisper went out that this imitation was just a too sincere form of flattery.

Severe lines, blue and fawn colouring, brass buttons and gold braid have now been handed back to those who have enlisted in the Navy and Army.

For the feminine form they are as dangerous as a live bomb.

Seldom are they really becoming, and, if overdone, they can make you look like a poor copy of an officer in full regalia—and

without the authority of the original.

Of course, a little of the nautical in your garb can be quite delightful, as is so aptly shown in one of the costumes worn by Barbara Stanwyck in a recent picture.

Ideal for cruise or beach wear, this outfit consists of a pair of white slacks and sleeveless light-weight royal blue sweater.

This was completed with a Breton sailor cap.

Diversity is the word for the fabrics used in this summer's showings.

Sheers and cottons, of course. Crepes, jerseys, linens and rayons. Prints and solids, stripes and checks; it's a grand fabric parade this season.



Matron's Frock,
5852—1s. 3d.
2½ yds.
54 ins. wide.
Sizes 34
to 48 ins.

Matron's Frock,
5914—1s. 3d.
3 yds. 36 ins. wide.
Contrast:
½ yd.
36 ins. wide.
Sizes 34
to 48 ins.

Frock, 5911—1s. 3d.
3½ yds. 36 ins. wide.
Sizes 32 to 40 ins.



Frock,
5416—1s. 3d.
3½ yds. 36 ins. wide.
Sizes 32 to 40 ins.
Skirt on cross.



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HINTS THAT SAVE YOU MONEY

FRESHLY-peeled apples and other fruit can be prevented from turning brown by putting them at once into cold water to which a few drops of lemon juice have been added.

WHEN the basque of your jumper or cardigan becomes stretched, as they so often do, take a card of elastic shirring thread, wind into your machine bobbin, as directions advise, and stitch around basque several times; you will find your jumper fits as snug as ever again, as it also prevents that cold back feeling caused through your jumper pulling off the skirt top.

WHEN rinsing flannelette or other inflammable material, add an ounce of alum to the rinsing water. This will make the garments non-inflammable.

IF a piece of greaseproof paper is placed over the stuffing of a joint of meat or poultry and tied with tape, it will prevent the stuffing oozing into the pan.

TO prevent a draining-board from rotting through continual exposure to damp, first scrub it thoroughly. When dry, rub it all over with paraffin wax, forcing the wax into the pores of the wood by going over it with a warm iron. After several waxings, you will find your board completely waterproof.

WHEN your clothes line gets dirty, take it down and wind it round the washing board. It can then be scrubbed thoroughly and quickly.

WHEN making melon jam, boil seeds and green rind in a little water for 1½ hours. Strain off the liquid, add to the jam, and boil in the usual way. The jam will jell beautifully. A pinch of cayenne to a boiling of melon jam is a great improvement also.

CLEAN wicker articles with a bran-and-soap solution. Put 1 lb. of bran in a muslin bag and toss it into a pail with a tablespoonful of soap flakes and a gallon of hot water. With a soft brush, clean out all the crevices, taking care to dry thoroughly.

IF a cake sticks to its tin when you try to force it, and perhaps break it, try this method: Stand the cake-tin in a shallow tin containing hot water for a minute or two, and the cake will quickly loosen. To prevent cakes from sticking to the tin, grease it with lard instead of any other kind of fat.

WHEN you pack up sandwiches for lunches or for a picnic, at end of the pile of sandwiches place a slice of dry bread; this will do away with that last dry sandwich which is always found at each end of the pile.

TO make feather-light scones, instead of rubbing the butter into the flour, melt the butter, mix with milk and cool before stirring into the dry ingredients.

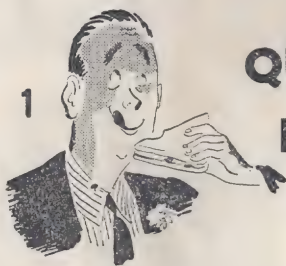
TO restore furniture, mix ½ pint raw linseed oil, ¼ pint turpentine, ¼ pint kerosene. Rub in with a clean cloth and the result is a clean, smooth surface.

IF you add the juice of lemon or some vinegar and nutmeg to the dripping when making a cake with dripping, the cake will taste as though it had been made with butter.

WHEN making a jelly layer cake, to prevent the jelly soaking into the cake, mix icing sugar with enough milk to form a thin icing. Spread it over the bottom layer. When set, add the jelly. In this way the cake will keep in good condition for several days.

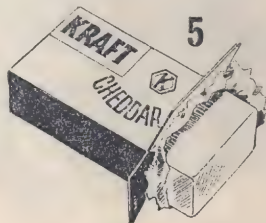
IF beaten egg is brushed on the underside as well as the top of a pastry crust, used for either meat or fruit pies, the pastry will not sink in to the meat or fruit or become softened by the steam of the meat or fruit.

INSTEAD of stewing fruit, bake it. When the rest of the meal is being cooked in the oven, put the fruit in a casserole, cover lightly and leave for 40 minutes without raising the lid. This saves gas.



QUICK TRICKS FOR TASTIER CUT LUNCHES

1. Choose sandwich fillings which stay fresh . . . minced roast meat with seasonings . . . curried egg and lettuce . . . shredded Kraft Cheddar Cheese with a dash of minced onion or Vegemite. 2. Soften butter for quick spreading by mashing with fork. Goes further if you add a little milk. Add shredded Kraft Cheddar Cheese for extra flavour. 3. Hot days! Put salad vegetables in screw-top jar with ice cubes for a cool, crisp lunch. 4. No more squashed lunches! Pack in small biscuit tin or cereal box. 5. KRAFT CHEDDAR CHEESE slices and shreds easily, stays fresh to the last slice. And Kraft Cheddar is packed with all the concentrated nourishment of milk.



4 Save money . . . buy Kraft Cheddar Cheese from the 5-lb. loaf at your grocer's. Each slice just the right size for a sandwich.

STOP THAT HEADACHE

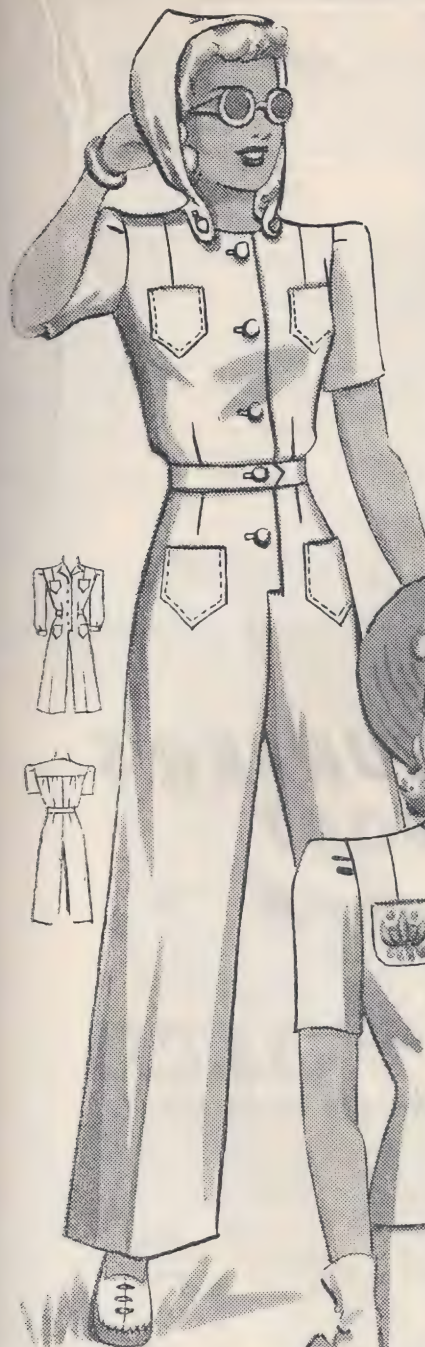


Headaches do not stop at age— young and old alike suffer the martyrdom of headache depression and there are so many kinds of headaches—Nervous Headaches—Sun-glare Headaches—Depressed Headaches—Morning Headaches—Despondent Headaches. 'ASPRO' smashes them all in a few minutes, safely, quickly, surely and without leaving any depressing after-effects. You can take 'ASPRO' anywhere at any time and 'ASPRO' will lift the most stubborn headache within a few minutes.

New Year Resolves.

Don't let yourself get too drab, as drab as the old school social service workers. At that time it seemed to be the correct thing for these good women to dress as plain as possible; it was really part of their mission in life. Just because three-quarters of the world is war-worn and weary is no reason for going plain Jane. This is the time to be feminine and pretty—well, just as much as you can, having in mind coupon limitation and those Dedman regulations which seem unending. Remember, the eyes of the masculine population need some respite from shocking sensation headlines and austerity appeals. So be bright and attractive, but don't overdo it!

Overalls,
5514—1s. 3d.
3 yds.
36 ins.
wide.
Sizes 32
36, 40 ins.



Air Raid Shelter Suit,
5868—1s. 3d.
5 yds. 36 ins. wide.
Sizes 32 to 40 ins.



Blouse and Slacks,
5620—1s. 3d.
2½ yds. 54 ins. wide.
Sizes 32, 34, 36 ins.



Frock, 5446—1s. 3d.
3½ yds. 36 ins. wide.
Contrast:
¼ yd. 36 ins. wide.
Sizes 32 to 40 ins.

All
**HOME JOURNAL
PATTERNS**
are obtainable from
**BUCKLEY & NUNN
LTD.**

Suit, 5724—1s. 3d.
3½ yds. 36 ins. wide.
Long sleeve, ¼ yd. extra.
Sizes 32 to 40 ins.

Styles-a-Plenty.

Looking at the summer parade of fashions we find that there has not been a noticeable curbing of styles.

There is still a remarkable wide variety of creations and all within the orbit of official restrictions.

Thanks to the retailers, who ordered their summer purchases well ahead, it is possible to be smartly and gaily dressed this season.

Just what the winter may hold for us is, of course, another matter, but we believe there won't be much occasion for grumbling, again due to the foresight of the big trading firms.

There will be less material, and less variety, and we may all have to exercise a little commonsense and economy, but there will be enough to go round.

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Fruit Sweets.

As supplies of summer fruits in the shops are not likely to be very large this year we shall prefer to use them in their natural state and make light fruit sweets from the canned ones that are available on the points of rations.

One fresh fruit that is in good supply is rhubarb, and it combines very well with canned pineapple for a most delicious and cooling sweet.

Have equal quantities of the two fruits, each cut up small, mix them well, sprinkle with sugar and leave overnight. Next day cook in a double saucepan until soft, adding a little ground ginger. Serve in glasses when cold.

The pineapple syrup, like any other fruit syrup, may be used instead of part milk in making blancmanges. The flavour will be improved and less sugar required.

Strawberry or raspberry fool can be prepared with the canned fruit just as well as the fresh. Rub through a sieve along with the juice and then mix it with a prepared custard or with a thin blancmange mixture. Serve cold in glasses.

For wartime strawberry or raspberry ice, whisk a tin of evaporated milk, poured into a basin, until it is thick. Then fold

in the sieved fruit and sugar, if required, to sweeten. Ice in the refrigerator.

With the same foundation you can have ginger, coffee, chocolate (by mixing in cocoa) or any other fruit flavour.

Make attractive fruit tartlets with strawberries, raspberries, cherries or any small fruit.

Line tartlet tins with pastry, fill with the fruit and pour over some of the syrup mixed with a beaten egg. Bake in a moderate oven until lightly set.

Rice cooked in milk until it is very soft and creamy is the basis of another fruit sweet. Mix it with some prepared custard and fill glasses with it. Place half a peach, apricot, pear or other fruit on top. Thicken the heated fruit juice with a little cornflour, pour over and let cool before serving.

Save a Bite.

The waste of one slice of bread a day in one household means the waste of one whole loaf of bread a day in eight households, and this means a sack of flour is wasted every week in a small-sized town, which means the waste of a shipload of wheat every 100 days in the whole country. Here is good advice on economical table etiquette in the days of wartime austerity.

Do not break a roll. Cut it. The remainder can be used in the kitchen. Do not cut and butter bread in quantity. Cut from the loaf on the table as needed. Do not serve butter or jam on to your plate. Spread it direct on the bread.

Tunnels.

There are always tunnels when we journey in a train and what a great relief it is to see the light again, after roaring through the darkness—nothing pleasant to be passed, having no idea how long the present gloom will last.

And life is one long journey through the country and the town, busy parts and quiet places, up the sunlit steeps and down. But there are also tunnels that we have no choice but wend, to grope about in darkness though we cannot see the end. A hollow part of life that we must bear the best we can till the light returns as suddenly as darkness once began.

A good wash for meat in hot weather is vinegar, sugar and salt, mixed in the proportion of 1 oz. each of sugar and salt to the pint of vinegar. Boil these together, and when cold brush the meat over with it. It will help to keep it sweet in hot weather, especially if hung in an airy place.

**"THAT
REDHEAD'S
SCARING
DAYLIGHTS
OUT OF
NURSE
AGAIN!"**



Look at her! If ever I saw a baby that needed a good sound trouncing...

HEY you! What's the idea of whapping your nurse and chewing up your carriage and throwing plush rabbits all over the park?

Oh, you've got prickly heat, have you? Listen, my backward friend, that's no excuse for behaving like a woolly Indian. Haven't you ever heard of delightful Johnson's Baby Powder? That most wonderful soother.

No? Well, for goodness' sakes, put your mother wise! If I only had velvety Johnson's handy—I'd throw it at you right now!

Any baby who gets around knows there's nothing like Johnson's for soothing chafes or cooling angry heat prickles. Another nice thing about Johnson's—it's so inexpensive!

J.P.E.3.42



**JOHNSON'S
BABY POWDER**

PRODUCT OF JOHNSON & JOHNSON PTY. LTD.

**SURFER'S
FOOT**



Be on your guard against this crippling infection. Look between your toes at night. If the skin is cracked, moist and pulpy or itchy, it is probably due to Surfer's Foot. Don't delay—treat this stubborn infection with IODEX, which kills the germs and quickly soothes and heals the damaged tissues.

In severe cases see your doctor.

IODEX
NO-STAIN IODINE
FROM ALL CHEMISTS

KOKO
— FOR THE HAIR

REGULAR USE OF KOKO night and morning, gives hair a lovely softness and lustre. This refreshing dressing contains nothing harmful, and can be used on baby's hair with safety.

From all Chemists.

About Coupons.

There is still some dissatisfaction about the coupon rating for children and babies. We asked the Rationing Commission for some guidance on the why and wherefore of the coupon allocation. Here is the official reply—

"Children's ratings were also made lower than adult ratings, because of the fact that they grow out of their clothes so quickly.

"Additional provision has now been made for children over a certain size or height, so that well-developed children need suffer from no disadvantage because they have to buy clothes on the adult scale.

Baby Coupons.

"Often one hears the question: 'Why should babies' clothing be rationed at all?' The answer is that rationing will make certain that all babies thus get special protection. All will get as much clothing as they need. Rationing prevents an abundance of baby clothes going to a few, while others go short.

"A special issue of coupons for babies is available to the

mothers before the birth of a child, to enable the purchase of the expected supplies of clothing.

"This allows for the purchase of complete and adequate layettes.

"Rationing does prevent waste and extravagance, however.

"It is unlikely now that the old custom of making lavish gifts of infants' clothing to babies will be continued."



Frock, 9037—11d.
1 yd. 36 ins. wide.
4½ yds. lace edging.



Frock, 9298—11d.
1¼ yds. 36 ins. wide.
3½ yds. lace edging.



Frock, 9304—11d.
1½ yds. 36 ins. wide.
2 yds. lace edging.



Coat, 9598—11d.
1½ yds. 36 ins. wide.



Dark Clothes.

If I worked in an office I'd prefer dark clothes simply because they do not soil easily, but everything I wore would show some imagination. It might be revealed in a tailored clip anchored in some unusual and startling place, or a novel belt.

I've never forgotten the day when I went on a shopping spree in one of the Los Angeles stores and became so intrigued by the girl who served me.

She was wearing a charming black crepe dress with high neckline and breast pockets.

She had fastened fancy gilt and "emerald" clips to the frock—one at one side of the neck line, the other at the pocket on the opposite side.

This doesn't sound frightfully thrilling, but it looked swell, and the originality of the idea impressed me. It was so much smarter than placing them together at the neckline as usual.—American letter.



Frock, 9381—11d.
1¼ yds. 36 ins. wide..

Crawlers.

It is quite easy to make a set of crawlers for baby out of an old frock or overall, since they take only short lengths of material.

It seems almost a shame to use new material for baby overalls when there is so much old stuff hanging around.

Still, if you have to buy, then nothing would be more suitable than a nursery gingham.

The crawlers can be cut down from neck to hem on magyar lines, tucked at the shoulders and gathered with elastic or tape at the knees

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Two-dress Frocks.

Don't forget, it is always possible to utilise the best parts of two old frocks to evolve a new one. This is not by any means hard, but it is most interesting work.

A jumper suit so made can have the top part from one material and the skirt part from the other frock—provided the materials do not clash violently.

While this would be suitable in some cases, it would be impossible in others, but here again you have the alternative of pinafore frocks, or bands of one material at the bottom of the skirt.

For children's dresses this idea has proved a great success in Britain, and there among the children the frocks are affectionately referred to as "my two-dress-frock."



Frock, 9481—11d.
6 and 8 years.
2 yds. 36 ins. wide.
Contrast :
 $\frac{1}{4}$ yd. 36 ins. wide.

Brace Suit, 9137—11d.
2 and 4 years.
Shirt, $1\frac{1}{2}$ yds. 36 ins. wide.
Pants, $\frac{3}{4}$ yds. 36 ins. wide.

Suit, 9168—11d.
2 and 4 years.
Shirt, $1\frac{1}{2}$ yds. 36 ins. wide.
Pants, $\frac{3}{4}$ yd. 36 ins. wide.

Old Cotton Frock.

That old cotton frock which you won't wear again is still too good to be cut up for dusters. We don't waste anything these days, so why not cut it up and make a shirt for the wee son, and a little romper suit for baby?

You'll find plenty of good wearable pieces in the old frock to make both these garments, and, better still, you save both coupons and money. A friend of mine showed me how she had done this, and believe me, baby had good strong rompers and sonny looked well in the little coloured shirt with either his white or blue short pants.

Frock, 9544—11d.
1 to 2 years.
 $1\frac{1}{2}$ yds. 36 ins. wide.
Contrast :
 $\frac{1}{4}$ yd. 36 ins. wide.

Floral Prints.

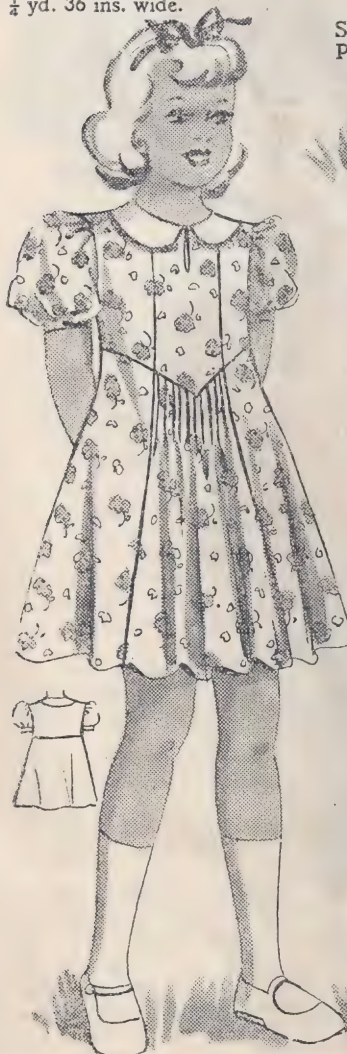
We noted the other day a girl of 14 with a frock that had a real peasant style of its own. It was made from a piece of flowered print. A big scoop out of the top part had supplied in its place a yoke and short puffed sleeves of white muslin. Little bits of the floral material were used as shoulder straps and for a centre strip on the yoke. Rick-rack braid round the hem of the skirt emphasised the peasant girl idea.



Frock, 9595—11d.
6 and 8 years.
 $2\frac{1}{2}$ yds.
36 ins. wide.



Frock, 9447—11d.
6 and 8 years.
2 yds. 36 ins. wide.
Contrast :
 $\frac{1}{4}$ yd. 36 ins. wide.



The other warm morning one girl in the tram looked most cool and comfortable. Her dress was made in a medium blue rayon linen. This possesses the merit of hanging just as well as cloth, but is ever so much lighter. It was trimmed with a detachable collar and very narrow cuffs of white rayon, and had a white leather belt at the waist to tone. The sleeves were three-quarter length. Collar shape just covered the rather wide lapels, and was unusually smart-looking.

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About Colds.

Colds are spread by handkerchiefs, pencils, glasses, dishes and most of all by the common bathroom. The toothbrushes are put in a rack together, or even in a tumbler. The person with a cold who brushes his teeth and puts the toothbrush back in the rack is infecting all the rest of the family. The person with a cold who drinks out of a glass in the bathroom and leaves it there is giving his cold to anybody else who may happen upon that glass later. Contact, then, is the most frequent cause of the spread of colds.

On the other hand, a person may catch a cold very easily if he becomes chilled. The germs are about us all winter long and there is no question but that a cold wind, or sitting in a draught, or going from a heated room out into the cold bareheaded renders a person more susceptible than usual. For many years doctors have noticed that a high wind brings on all sorts of colds and winter diseases. This is probably not all due to chilling, for during the dry weather the wind stirs up particles of dust which are laden with germs and which blow into the nose and throat with great ease.

Strange as it may seem, the food that a child eats has a great deal to do with his susceptibility to colds. The fat child who eats a quantity of sweets and butter and cream is far more susceptible to colds than is the child on a sensible diet.

Cod-liver oil and viosterol and other medicines of this kind evidently do some-

thing toward preventing colds. We do not mean that children will not catch cold if they take cod-liver oil or viosterol, but, other things being equal, it seems probable that the child who takes one or the other of these in the proper dosage throughout the winter months has fewer colds.

Diseased tonsils are a common cause of colds, and until the tonsils have been removed some children will never be free of colds, no matter what you do. This does not mean that once you have your child's tonsils removed he will not have another cold. It merely means that the vast majority of children have fewer colds when they have no diseased tonsils and adenoids in their noses and throats. Often the removal works like a miracle, while in other cases it seemingly does no good, for once in a while we hear a mother complain that her child never had so many colds as he has had since the removal of his tonsils. When colds are worse after tonsil removal, there must be some other cause at work, and the situation should be carefully investigated.

"What shall I do when my child is getting a cold?" is the question asked every doctor day after day. Of course there is no sure cure. In fact, any doctor who could abort a cold in every instance would soon

find himself famous. But although we may not be universally successful in preventing a cold or stopping it altogether, there are many things that we can do to make it milder or to prevent complications.

A good suggestion has been put forward by a writer in the daily press for dealing effectively with strikers guilty of mass disobedience of the law. He says:—"Pass the necessary legislation to strike these and all future offenders of this kind off the electoral rolls for five years. Take away from them their voting power and make them ineligible also for any position of trust in Parliamentary, municipal, or trades union life. It will dawn on them after a while that they are outcasts in our democracy and worthy only of contempt. This is a much more ingenious method of punishment than fines, imprisonment, threats of conscription, and similar 'bluff' which they can easily 'call'."

Old toothbrushes are useful when you have shoes to polish, especially white shoes. Try these small brushes, too, for bathroom and kitchen faucets. Use them for dusting hard-to-reach spots on radios, radiators or lampshades. You'll find them useful, too, in waxing or cleaning curved or carved sections of furniture.

LEG ULCER DISAPPEARS

Another "VAREX" Success

"Just a line to tell you that 'Varex' Treatment has been quite a success in my case," writes one grateful user. "The ulcer, with its consequent pain and swelling, has entirely disappeared, and the leg is quite normal." "Varex" is a simple, inexpensive home treatment. No resting required. Only one dressing per week. Write for free booklet. Ernest Healey, Pharmaceutical Chemist. Varex Ltd., Rooms 523-524, 5th Floor, St. James Building, 109W Elizabeth Street, Sydney.



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FAT

To be overweight is both unhealthy and unlovely—it makes you look years older! Get rid of it by my perfect method. No dieting, no irksome exercises. The sum of £1/1/- covers the whole course—no further expense. Result guaranteed, no matter how long-standing the fat condition. MATRON MARIAN GOSS, Box 32, P.O., NORTH SYDNEY.



Enjoy the Security
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Hoarding . . . whether of money or goods . . . is neither wise, patriotic, nor safe. Saving, on the other hand, when you use a Commonwealth Savings Bank Account, is of definite benefit to you and to your country. It keeps your money active, allows you to build up your savings for the clearing of urgent liabilities and for investment in Australia's war effort, and provides security for your future. Save . . . and put all your savings in a Commonwealth Savings Bank Account.

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NATIONAL SAVINGS BONDS
WAR SAVINGS CERTIFICATES
or the **NEXT WAR LOAN** in advance

Colours Again.

When dealing with youngsters' dresses during war-time it seems that one solution has been to make the children and elders cheerful by wearing colourful clothes. So vivid tones blaze forth. Bright reds, purples, clear green and lovely blues, ambers, gingers and browns are showing galore. The King and Queen, very early in the war, gave a lead to this bright dressing by having the two young princesses dressed in colourful clothes. In this way the scheme of some so-called dress reformers and economists was completely frustrated. Had their plan prevailed we would all have been dressed in some kind of drab homespun.

Their Majesties would not stand for this, and so a lead was given to colourful modes, and the dry-as-dust dress reformers had to retire very much discomforted.

Even here in Australia many of these so-called economists and self-styled austerity experts would dress us all alike if they had their way. These frugal-minded whole-hoggers are a definite menace.

With the Starlets.

Nothing could have been more unsophisticated than Joan Leslie in lilac net when she recently attended the premiere of her new film. She could have looked almost babyish—if Milo Anderson had not achieved the worldly touch in a broad shoulder strap of apple green velvet tied in a huge bow, and dropped just slightly off the shoulder.

As for Judy Garland, she has definite ideas of how to add something to something. Dresses with young lines, she asserts, have more style if they have pegtop pockets or if a full, gathered skirt is set very low on a slim bodice. She may even wear dolman sleeves, which have a tendency to add years, if they aren't cut too deep.



Frock, 9586—11d.
12 and 14 years.
2½ yds. 36 ins. wide.



Frock, 9436—11d.
12 and 14 years.
3 yds. 36 ins. wide.
Contrast :
¼ yd. 36 ins. wide.



Frock,
9429—1s. 3d.
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years.
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Frock, 9444—11d.
10 and 12 years.
2½ yds. 36 ins. wide.
Contrast :
¼ yd. 36 ins. wide.

[We supply Paper Patterns for every design illustrated in this paper. Payment should be sent in postal notes to "Australian Home Journal," 407-409 Kent Street, Sydney, N.S.W. Postage on each Pattern, 1½d. extra.]

FOR THE MENFOLK

A very quickly made sleeveless pullover will be appreciated these days when we have so much to fit in a day's work, so by starting off right away you will soon have completed the garment.

Materials: 10 ozs. Totem wool; two bone knitting needles No. 4 and two No. 10.

Measurements: Length from shoulder, 21 ins.; width all round under-arm, 36 ins.

Abbreviations: K, knit; p, purl; sts, stitches; tog., together.

Knit into back of all cast-on sts.

The Front.

Using No. 10 needles, cast on 78 sts.

Row 1—K 2, * p 1, k 1. Repeat from * to end of row. Repeat this row 27 times more.

Row 29—Knit twice into each of first 2 sts, work in ribbing to last st, k twice into last st. (81 sts.)

Change to No. 4 needles and work the fancy rib pattern as follows:—

Row 1—* K 2, p 2. Repeat from * to last st, k 1. Repeat this row until you have 60 rows; then shape the armholes thus:—

Row 1—Cast off 8 sts. Patt. to end of row. Repeat this row once.

Taking care to keep continuity of pattern, k 2 tog. at both ends of the needle in the next and every alternate row until

there are 51 sts. In the next row shape neck by working pattern over 21 sts, cast off 9 sts loosely for neck, pattern over remaining 21 sts. On these sts work thus: K 2 tog. at neck edge every 3rd row four times and at the same time increase 1 st at armhole edge three times. Work without shaping until work is 21 inches from commencement, then shape shoulder by casting off 10 sts twice. Return to remaining 21 sts and work to correspond.

Back.

The back is worked exactly the same as given for front until the row the sts were cast off for neck. Continue on the 51 sts without shaping until armhole is same as front to where sts were increased at armhole edge. Increase 1 st at both ends of the needle every 3rd row three times, then continue without shaping until armhole is same as front to shoulder. Shape the shoulder by casting off 10 sts at beginning of next four rows; leave remaining sts on needle. Sew right shoulder seam.

The Neck-band.

Using No. 10 needles and with the right side of work towards you, pick up and knit all the sts round front of neck. (70 sts.) Work across the sts at back of neck.

Work in a ribbing of k 1, p 1 on these sts for 1½ inches. Cast off loosely ribwise. Sew up left shoulder seam.

The Armhole Bands.

Using No. 10 needles and with the right side of work towards you, pick up and knit 86 sts evenly round the armhole. Work in a ribbing of k 1, p 1 for 1½ inches and cast off loosely ribwise. Work round other armhole exactly the same.

To Make Up the Pullover.

With a hot iron over a slightly damp cloth, press very lightly. Take care not to flatten the pattern or the ribbing. Sew up the under-arm seam and then press the seam.

British Propaganda.

Quite a number of people think British propaganda in foreign places is unsatisfactory. The full story of British propaganda in foreign countries will never be told, as it would give a lot of information to neutral and enemy countries that would be undesirable for them to know. In addition, it would be too revealing, and would afford an insight into methods that might in years to come be used against us. It can, however be mentioned that millions of newspapers in a dozen languages are printed in Britain. The group of midget newspapers, carried regularly by the Bomber Command, includes French, "La Libre Belgique"—in French for Belgians, "Vrij Nederland"—Dutch, and "Luftpost"—German.

Well illustrated, skilfully displayed, brilliantly edited, and set in small but clear type, they pack 10,000 words of news into a tiny sheet which, rolled into a cylinder, would pass as a cigarette.

Their standard size is four pages, each 8in. long and 5in. wide, with three columns to the page. Each little paper has its own staff of men- and women journalists, some internationally famous.

Goebbels hates the sight of these papers. A year ago he was offering a reward of 200 marks—nominally about £10—to each informer "revealing the names of Germans who take home and keep the newspaper ('Luftpost') which is being dropped over our country by the R.A.F."

Bureaucracy Burden.

Bureaucracy has been aptly described as "representative government suffering a nervous breakdown." Which is another way of saying that a Minister may be tired, or is unwilling to do the work he is supposed to do. He can then appoint a Board, generally civil servants, or other persons said to be possessed of special qualifications, to carry on that particular job. And these Boards, with their rulings and regulations and interference with ordinary commercial procedure, are a source of worry and annoyance and expense to most people. We all know the innumerable and expensive Boards that have been set up to deal with every problem, from egg management to Santa Claus. The Minister in charge of any particular department is thus enabled to "pass the buck," and shelter himself behind the decisions of the various Boards. We have had plenty of examples of bureaucratic excesses, and the Courts at times have placed a solid restraining hand on the activities of Boards with the "Gestapo touch" which try to ride rough shod over the public. Every abuse of power, under whatever administrative scheme, ultimately arouses the forces of its own downfall; but the public often suffer a great deal before that happens.

Australia wants to be Australian again—robust, venturesome, confident—but bureaucracy rides our necks like the old man of the sea.

Orange and Pineapple Jam.

Ingredients: 6 marmalade oranges, 3 pints cold water, 1 large tin pineapple, 4 lbs. sugar. Wash oranges, cut in four and remove pips. Tie these in muslin. Put oranges through the mincer and soak overnight in the cold water. Next day, boil gently for 15 minutes, then add pineapple (cut into small pieces), the juice of pineapple and the sugar. Stir until boiling and boil about 20 minutes until, when tested, the jam will set.



Distinguished American Beauty

Mrs. Anthony J. Drexel III. . . . a name which represents generations of culture, wealth and distinction in America . . . has for years followed the Pond's beauty ritual. She says, "I cleanse my skin night and morning with Pond's Cold Cream. Then when my skin is all fresh, I spread on a light film of Pond's Vanishing Cream for overnight softening, or for a powder base when I'm going out."



Pond's Cold Cream for soft-smooth cleansing. Pat it in over face and throat—a little will do, because Pond's goes so much further.

Now wipe off. Your face feels clean as rain, soft as silk.

Pond's Vanishing Cream—a much-loved powder base. Apply *lightly* before make-up. It's non-greasy. Takes and holds powder with velvet smoothness — and helps protect against wind and weather, too!



Underpants, 9604—11d.

By making hubby's underpants at home five of your precious coupons are saved. You can use up any oddments of material, and when you look around it is surprising what can be found for garments of this kind.

He Had Lost One Arm!

This story may possibly sink with some effect into the childish heads of those who hand out white feathers.

A man recently offered his seat in a tram to a woman who said audibly that she preferred not to accept a seat from one of his sort, as she had three brothers in the East fighting for men like him.

Imagine her discomfort when he said for everyone to hear, "Well, all I can say, lady, is that if they get to Crete perhaps they'll find my arm," pointing to his artificial arm.

If you meet Japanese infantry, led by a Continental officer, commence firing early and often and at the longest ranges compatible with getting at them. They are bad little men who know too much.

—Rudyard Kipling, in 1887.

BUNIONS

Sufferers from these painful deformities may at last take hope. Science has prepared a special preparation which will reduce them and relieve all pain immediately. It is highly recommended by all Doctors. It is an inexpensive home treatment. Send 7/6 to Foot Clinic, 266a Pacific Highway, Crow's Nest. Patients may call for special treatments or send addressed envelope for particulars.

The "BONNIE" SET FOR BABY

(First Size).

Materials.—3½ ozs. white 2-ply; 1 yd. white ribbon, 1 inch wide for bonnet; 3 yds. pale pink bebe ribbon for coat and booties; two bone knitting needles No. 10, and two No. 12.

Measurements.—Length of coat, 13 inches; sleeve, 5½ inches; width of coat at under-arm, 20 inches; bonnet and booties to correspond.

Abbreviations.—Knit, k; purl, p; make,

k 3) twice, s 1, k 2 tog., p.s.s.o. Repeat from * to last 16 sts (m 1, k 3) twice, s 1, k 1, p.s.s.o, k 8.

Row 11—K 7, s 1, k 1, p.s.s.o., * m 1, k 5, m 1, k 2, s 1, k 1, p.s.s.o. Repeat from * to last 17 sts, m 1, k 5, m 1, k 12.

Row 12—K 6, p to last 6 sts, k 6. These 12 rows complete the pattern. Repeat them six times more.

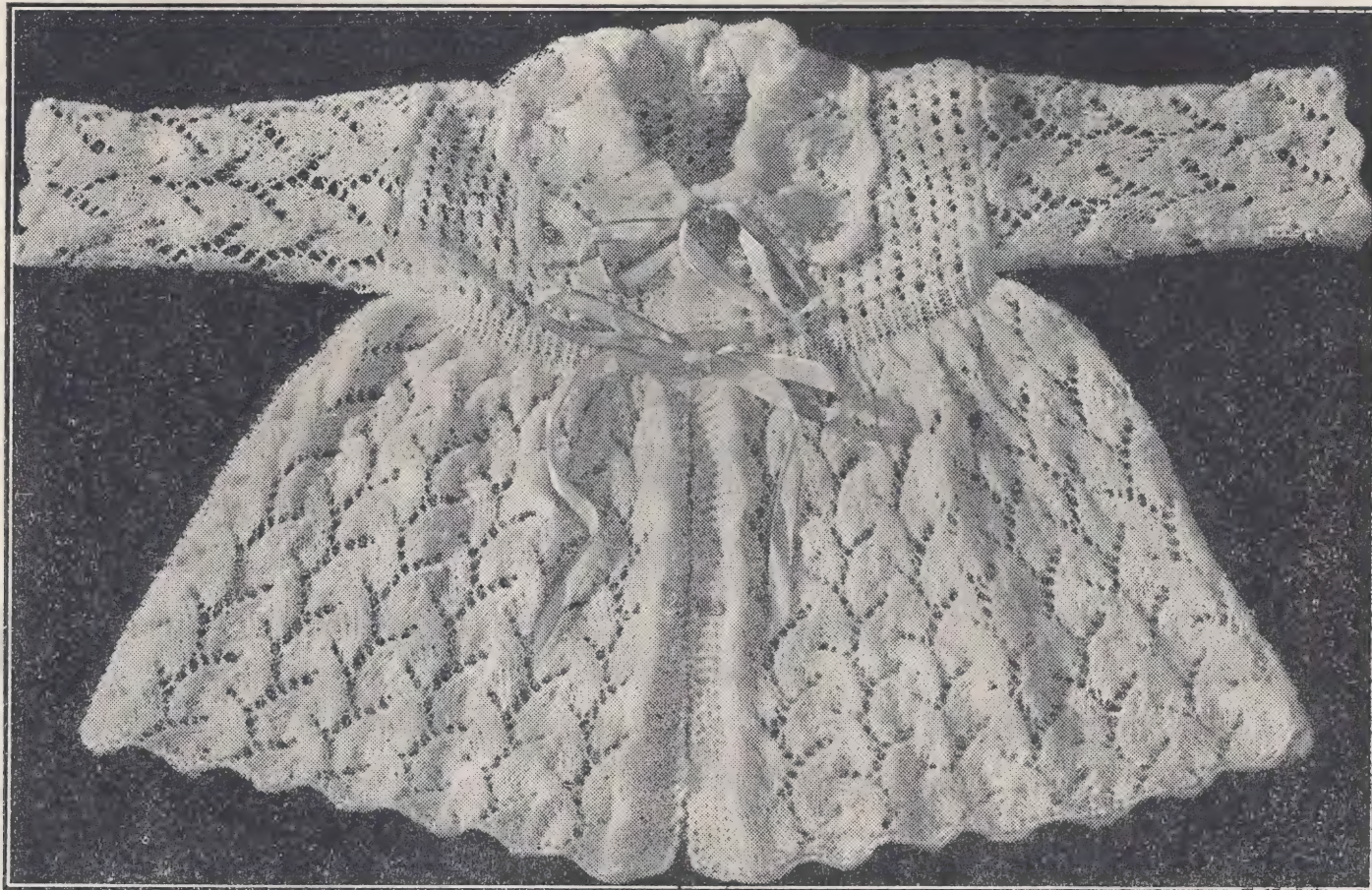
Knit one row decreasing to 132 sts.

Left Yoke.

Row 1—Knit. **Row 2**—K 6, purl to end of row.

Row 3—K 1, * pick up and knit the loop from previous row before the next st, k 2 tog. Repeat from * to last 7 sts, k 7.

Row 4—K 6, purl to end of row. Repeat these 4 rows until same length as right side of yoke. Shape neck and shoulder to correspond.



m (by putting wool over needle); slip, s; pass slipped stitch over, p.s.s.o.; together, tog.; stitches, sts; wool forward, w.f.

Knit into back of all cast on sts.

The Coat.

Using No. 10 needles, commence at lower edge of coat and cast on 287 sts, knit two rows and then the fancy lace pattern thus:—

Row 1—K 8, s 1, k 1, p.s.s.o., * k 4, m 1, k 1, m 1, k 2, s 1, k 2 tog., p.s.s.o. Repeat from * to last 17 sts, k 4, m 1, k 1, m 1, k 2, s 1, k 1, p.s.s.o., k 8.

Row 2 and alternate rows—K 6. purl to last 6 sts, k 6.

Row 3—K 8, s 1, k 1, p.s.s.o., * (k 3, m 1) twice, k 1, s 1, k 2 tog., p.s.s.o. Repeat from * to last 17 sts (k 3, m 1) twice, k 1, s 1, k 1, p.s.s.o., k 8.

Row 5—K 8, s 1, k 1, p.s.s.o., * k 2, m 1, k 5, s 1, k 2 tog., p.s.s.o. Repeat from * to last 17 sts, k 2, m 1, k 5, s 1, k 1, p.s.s.o., k 8.

Row 7—K 8, s 1, k 1, p.s.s.o., * (k 1, m 1) twice, k 4, s 1, k 2 tog., p.s.s.o. Repeat from * to last 16 sts (k 1, m 1) twice, k 4, s 1, k 1, p.s.s.o., k 8.

Row 9—K 8, s 1, k 1, p.s.s.o., * (m 1,

Next row—K 6, purl to last 6 sts, k 6.

Change to No. 12 needles and work as follows:—

Row 1—K 6, * k 1, p 1. Repeat from * to last 6 sts, k 6.

Repeat this row 5 times more. Change to No. 10 needles.

Right Side of Yoke.

Row 1—K 6, * k 30, turn.

Row 2—P to last 6 sts, k 6.

Row 3—K 7, * pick up and knit the loop from previous row in front of the next st, k 2 tog. Repeat from * to last st, k 1.

Row 4—Knit.

Repeat these 4 rows until yoke is 3½ inches deep. Cast off 14 sts for neck, then continue on remaining 22 sts for ½ inch. Cast off.

Back of Yoke.

Join wool at under-arm.

Row 1—K 60 sts, turn. **Row 2**—Purl.

Row 3—K 1, * pick up and knit the loop from previous row in front of next st, k 2 tog. Repeat from * to last st, k 1.

Row 4—Knit.

Repeat these 4 rows until yoke is same as front. Cast off.

Sleeve (both alike).

Cast on 55 sts on No. 10 needles and knit two rows, then the lace pattern thus:—

Row 1—K 2, s 1, k 1, p.s.s.o., * k 4, m 1, k 1, m 1, k 2, s 1, k 2 tog., p.s.s.o. Repeat from * to last 11 sts, k 4, m 1, k 1, m 1, k 2, s 1, k 1, p.s.s.o., k 2.

Row 2 and alternate rows—Purl.

Row 3—K 2, s 1, k 1, p.s.s.o., * (k 3 m 1) twice, k 1, s 1, k 2 tog., p.s.s.o. Repeat from * to last 11 sts (k 3, m 1) twice, k 1, s 1, k 1, p.s.s.o., k 2.

Row 5—K 2, s 1, k 1, p.s.s.o., * k 2, m 1, k 5, s 1, k 2 tog., p.s.s.o. Repeat from * to last 11 sts, k 2, m 1, k 5, s 1, k 1, p.s.s.o., k 2.

Row 7—K 2, s 1, k 1, p.s.s.o., * (k 1, m 1) twice, k 4, s 1, k 2 tog., p.s.s.o. Repeat from * to last 10 sts (k 1, m 1) twice, k 4, s 1, k 1, p.s.s.o., k 2.

Row 9—K 2, s 1, k 1, p.s.s.o., * (m 1, k 3) twice, s 1, k 2 tog., p.s.s.o. Repeat from * to last 10 sts (m 1, k 3) twice, s 1, k 1, p.s.s.o., k 2.

Row 11—K 1, s 1, k 1, p.s.s.o., * m 1, k 5, m 1, k 2, s 1, k 1, p.s.s.o. Repeat from * to last 11 sts, m 1, k 5, m 1, k 6.

Row 12—Purl.

The food that Ends CONSTIPATION in one week!



If you are over 35, and relying on harsh purgatives to keep you regular, you should know these home truths about purging! This habit of shocking your bowels into action may be doing you serious injury. Over 75% of cases of a severe type of illness in people over 35 are said to be caused by the over-use of harsh purgatives.

Lack of "bulk" causes constipation.

The one safe way to end constipation is by getting at the cause of your trouble. Nine out of ten times, the cause of constipation is lack of "bulk". Our modern, over-refined meals usually

have the "bulk" cooked out of them.

Here's concentrated "bulk".

Fortunately, there's a pleasant way to get that vital "bulk" into your diet. Start off each morning with Kellogg's All-Bran. This specially prepared, nut-sweet breakfast food gives you concentrated "bulk". It forms a soft mass in the intestinal tract . . . where it absorbs water and softens like a sponge. The bowel muscles are gently massaged so that natural peristaltic action is restored.

Eat two tablespoonsful of Kellogg's All-Bran for breakfast each morning (served with milk and sugar), and inside a week you'll be enjoying healthy regularity. Order a packet of Kellogg's All-Bran from your grocer right away!

Change to No. 12 needles and work in a ribbing of k 1, p 1 for 6 rows. Change to No. 10 needles and repeat the 12 lace pattern rows until sleeve is 5½ inches. Cast off loosely.

Collar.

Cast on 91 sts on No. 10 needles and knit three rows, then lace pattern thus:—

Row 1—K 5, s 1, k 1, p.s.s.o., * k 4, m 1, k 1, m 1, k 2, s 1, k 2 tog., p.s.s.o. Repeat from * to last 14 sts, k 4, m 1, k 1, m 1, k 2, s 1, k 1, p.s.s.o., k 5.

Row 2 and alternate rows—K 3, p to last 3 sts, k 3.

Row 3—K 5, s 1, k 1, p.s.s.o., * (k 3, m 1) twice, k 1, s 1, k 2 tog., p.s.s.o. Repeat from * to last 14 sts (k 3, m 1) twice, k 1, s 1, k 1, p.s.s.o., k 5.

Row 5—K 5, s 1, k 1, p.s.s.o., * k 2, m 1, k 5, s 1, k 2 tog., p.s.s.o. Repeat from * to last 14 sts, k 2, m 1, k 5, s 1, k 1, p.s.s.o., k 5.

Row 7—K 5, s 1, k 1, p.s.s.o., * (k 1, m 1) twice, k 4, s 1, k 2 tog., p.s.s.o. Repeat from * to last 13 sts (k 1, m 1) twice, k 4, s 1, k 1, p.s.s.o., k 5.

Row 9—K 5, s 1, k 1, p.s.s.o., * (m 1, k 3) twice, s 1, k 2 tog., p.s.s.o. Repeat from * to last 13 sts (m 1, k 3) twice, s 1, k 1, p.s.s.o., k 5.

Row 11—K 4, s 1, k 1, p.s.s.o., * m 1, k 5, m 1, k 2, s 1, k 1, p.s.s.o. Repeat from * to last 14 sts, m 1, k 5, m 1, k 9.

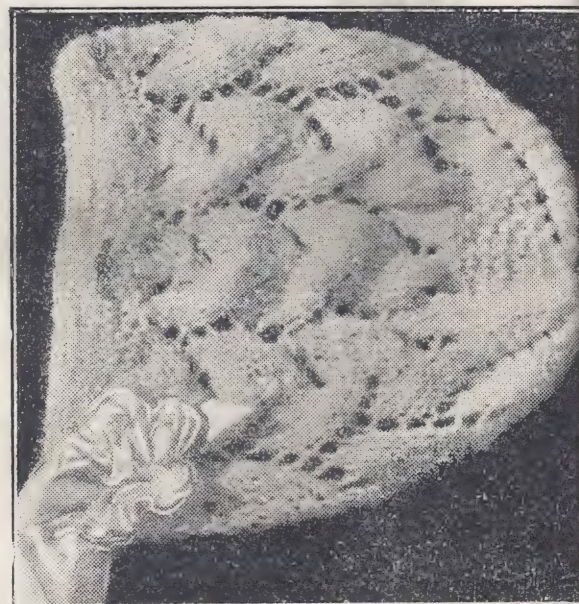
Row 12—P 2 tog., p to end of row. (90 sts).

Work in a ribbing of k 1, p 1 for three rows, cast off loosely ribwise.

Bonnet.

On No. 10 needles cast on 80 sts and knit twelve rows, then knit a row, knitting twice into every 16th st (85 sts).

Repeat the twelve pattern rows as given for sleeve until bonnet is 4 inches from



commencement. Knit one row, decreasing one st every 16th st (80 sts), then purl back and shape crown as follows:—

Row 1—* K 6, k 2 tog., w.f., k 2 tog. Repeat from * to end of row.

Row 2 and alternate rows—Knit.

Row 3—* K 5, k 2 tog., w.f., k 2 tog. Repeat from * to end of row.

Row 5—* K 4, k 2 tog., w.f., k 2 tog. Repeat from * to end of row.

Row 7—* K 3, k 2 tog., w.f., k 2 tog. Repeat from * to end of row.

[Turn to page 32.]

The Play and Film

Mystery-on-mystery is the scheme note of "Cross Roads," at St. James'. William Powell, as David Talbot, a French diplomat, has recently married Lucienne (Hedy Lamarr), and they are preparing to enjoy a delightful time at Brazil as Mr. and Mrs. Ambassador when a bolt from the blue falls. David receives a threatening letter demanding payment of one million francs debt. He does not owe the money and the extortionist is brought to trial. Latter claims that David is really one Pelletier, a notorious criminal, who borrowed the money and then disappeared. Thereafter, there are plenty of cross roads, false swearing and intriguing, so much so that David begins to wonder who he really is; but throughout all the strange and apparently convincing happenings his wife, Lucienne, believes in him. Together they work out a plan to establish his true identity and a solution to his desperate plight. Others in the play: Basil Rathbone, Claire Trevor, Margaret Wycherley, H. B. Warner.

"White Horse Inn," at the Royal, is playing to excellent business. The settings and costumes and scenic effects are as effective as ever and well up to the "Firm" standards. The members of the J. C. Williamson Comedy Co., headed by Don Nicol, Strella Wilson, Phil Smith and a cast of over 100, give a fast and smooth-running performance, in which everything goes like clockwork. The theatre

getting the fellow drunk. He is the same fellow who will sneer "Flag Waving" at a display of patriotism but will knock another chap's block off for saying anything against the nation. It is two hour's good solid entertainment, a loveable story that captures the humour, the wrath, the romance that make John Doe—just the average man—such a great fellow.

In "They All Kissed the Bride," Joan Crawford returns to a dancing, romancing comedy role. As a million-dollar heiress and a career woman, she discovers that making love is



"They All Kissed the Bride," State.

volcano like Melvyn, and she manages in the hectic course of events to annex Allen Jenkins as her partner in a jitterbugging contest, which they of course win.

Topical songs and jokes on current topics give a familiar swing to "Design for Glamour," at the Tivoli. It is also packed with good things for lovers of vaudeville. There is a wealth of juggling and balancing, and a great deal may be said about the beautiful ballets originated by Muriel Gardner, the "Peanut Vendor" being particularly novel. The dancing of Charles Norman and Dot Rankin is very entertaining, and Charles excels in his Conga dance. Jenny Howard, the English comedienne,

pleases with her singing of "Won't We Have a Party When It's Over." Compere: Eddie Marcel.

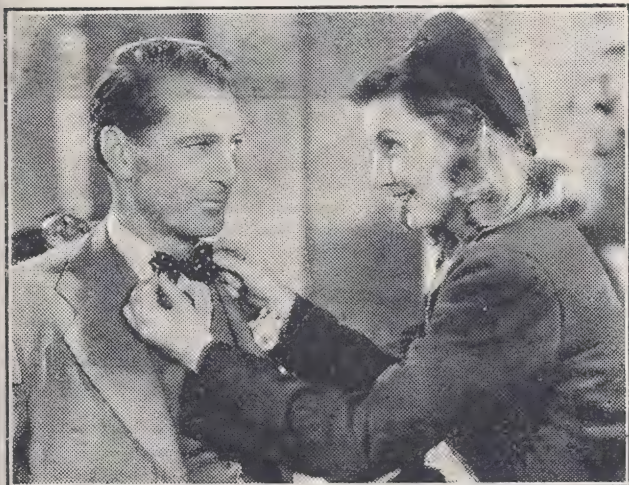
A girl who can capture an arsenal, seize government trains, repeatedly rout United States troops—and still look beautiful and find time for love, is worthy of anyone's interest. Such a girl is "Belle Starr," at the Plaza, the famous bandit queen of the Ozarks. The picture, which proves exciting, co-features Randolph Scott as Sam Starr, the dashing guerilla leader who loved and married Belle, and Gene Tierney as the "petticoat terror" herself. Both are perfectly cast and turn in fine performances. The story, which is crammed full of fast action and vivid romance, has some good comedy touches in it, too. There has been a notable absence of "Westerners" from the screen for some time, so this one in technicolour, with actual shots of the Ozarks country, should be welcome.

If you like strong old-time melodrama, then have a look at "Hatter's Castle," at the Embassy. All the elements are there that would have delighted old-time Blandoltian patrons. The heavy father, arrogant, ruthless, and brutal; wife and daughter stand in awe of him and always have the jitters when he is near. When his daughter does not carry out his orders he promptly turns her out into the snow. Then he displays a great fondness for the village barmaid and this ultimately causes the death of his wife. His son fails in his exam, and kills him-



"Girl Trouble," Mayfair.

more fun than making money. Melvyn Douglas is a young man who believes that there's never anything wrong with a woman that a man's lips can't cure, and sets out to prove his thesis with reckless abandon. Roland Young is delightful as a lawyer who prefers to practice on the ladies; Billie Burke is seen as a dowager in a dither, and Allen Jenkins contributes his share to the comedy as a rough diamond who cuts a smooth rug. As the female iceberg, Joan melts a little under the influence of a male



"Meet John Doe," Regent.

is scientifically cooled, and even on the hottest night the delightful production can be viewed with the utmost comfort.

When you "Meet John Doe" at the Regent, you will find that Gary Cooper and Barbara Stanwyck make a fine pair of lovers in Frank Capra's latest production. "Meet John Doe" is meant to immortalise the "little man" who is always there when a name is needed for a nameless person. Gary Cooper plays the role and dresses the part throughout most of the picture. John Doe is the man who will give his last penny to a beggar on the street. He is the chap who will do anything within the law to beat a fellow-man on a business deal, and when he has succeeded will take the rival out and spend twice as much as he made



Allen Christie, "White Horse Inn," Royal.

[Turn to page 33.]



Nancy Coleman, who is on the way to stardom at Warner Bros., finds a gingham suit ideal for warmer-day wear. This simple design sports patch pockets, three pearl buttons for fastening, and the skirt carries centre-front pleats. Practical as well as comfortable, this suit will stand lots of tubing.

Joy Rides for Widows.

The Japanese have certainly a perverted sense of humour. Free "Joy-rides" for the widows and orphans of Japanese airmen killed in action was the chief prize in a Japanese "air pageant," according to information received by a London newspaper. An official Japanese publication referring to the "Joy-rides" said: "Thus the bereaved families were able to appreciate the conditions—although lacking combat realism—under which their heroes lived their war lives before their heroic end. Major-General Sassa claimed at one of these air displays that 700 military aircraft had been given by the people.

Success depends upon back-bone, not wish-bone.

For Blood, Veins, Arteries and Heart

Elasto

REGISTERED

The Wonder Tablet

Take It—And Stop Limping!

EVERY sufferer should test this wonderful new Biomedical Remedy which brings quick relief from pain and weariness and creates within the system a new health force, overcoming sluggish unhealthy conditions, increasing vitality, and arousing to full activity the inherent healing powers of the body. No ailment resulting from poor or sluggish circulation of the blood can resist the action of 'Elasto.' Varicose veins are restored to a healthy condition, the heart becomes steady, the arteries supple, skin troubles clear up and leg wounds heal naturally, piles vanish and rheumatism, in all its forms, is literally swept out of the system. This is not magic, *although the relief does seem magical.* It is the natural result of revitalised blood and improved circulation brought about by 'Elasto'—the tiny tablet with wonderful healing powers.

Everybody is Asking—What is 'Elasto'?

THIS question is fully answered in an interesting booklet, which explains in simple language this amazing method of *revitalizing the blood.* Your copy is Free, see offer below. Suffice it is to say here that 'Elasto' is not a drug but a vital cell-food. It restores to the blood the vital elements which combine with the blood albumin to form organic elastic tissue and thus enables Nature to restore elasticity to the broken-down and devitalised fabric of veins, arteries, and heart, and so re-establish normal, healthy, circulation, *without which there can be no true healing.* NINE TIMES OUT OF TEN THE REAL TROUBLE IS BAD CIRCULATION.

What Users of 'Elasto' Say:

"No sign of varicose veins now."

"Completely healed my varicose ulcers."

"Now free from piles."

"Cured my rheumatism and neuritis."

"Heart is quite sound again now."

"'Elasto' has quite cured my eczema."

"My doctor marvelled at my quick recovery from phlebitis."

Send for FREE Booklet

Simply send your name and address to 'ELASTO,' Box 1552'E, Sydney, for your FREE copy of the interesting 'Elasto' booklet. Or better still, get a supply of 'Elasto' (with booklet enclosed) from your chemist to-day and see for yourself what a wonderful difference 'Elasto' makes. Obtainable from chemists and stores everywhere. Price 7/6, one month's supply.

Elasto will save you pounds!

THE "BONNIE" SET FOR BABY.

[From page 30.]

Row 9—* K 2, k 2 tog., w.f., k 2 tog. Repeat from * to end of row.

Row 11—* K 1, k 2 tog., w.f., k 2 tog. Repeat from * to end of row.

Row 13—* K 2, k 2 tog., w.f., k 2 tog. Repeat from * to end of row.

Thread through the remaining sts with wool, draw into a small circle and sew crown together.

Bootees (both alike).

Using No. 12 needles cast on 43 sts and knit one row; shape as follows:—

Row 1—K 1, increase 1 (by knitting into front and back of next st), k 18, inc. 1, k 1, inc. 1, k 18, inc. 1, k 1.

Row 2 and alternate rows—Knit.

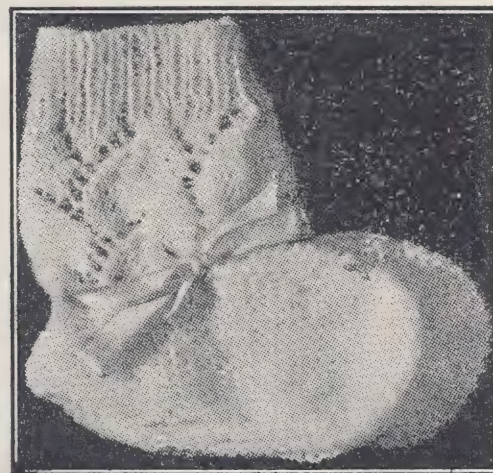
Row 3—K 1, inc. 1, k 20, inc. 1, k 1, inc. 1, k 20, inc. 1, k 1.

Row 5—K 1, inc. 1, k 22, inc. 1, k 1, inc. 1, k 22, inc. 1, k 1.

Row 7—K 1, inc. 1, k 24, inc. 1, k 1, inc. 1, k 24, inc. 1, k 1.

Row 9—K 1, inc. 1, k 26, inc. 1, k 1, inc. 1, k 26, inc. 1, k 1.

Row 11—K 1, inc. 1, k 28, inc. 1, k 1, inc. 1, k 28, inc. 1, k 1.



Row 13—K 1, inc. 1, k 30, inc. 1, k 1, inc. 1, k 30, inc. 1, k 1.

Knit 10 rows without shaping, then work the instep thus:—K 41, k 2 tog., * turn, k 12, k 2 tog. Repeat from * until there are 45 sts on the needles, then work all the sts on one needle and make the ribbon holes as follows:—

Row 1—K 2, * w.f., k 2 tog. Repeat from * to last st, k 1.

Row 2—Knit.

Repeat the twelve lace pattern rows as given for sleeve twice, decreasing one st in the last row. (44 sts).

Knit in a ribbing of k 1, p 1 for 8 rows and cast off loosely ribwise.

Infantees (both alike).

Cast on 45 sts on No. 12 needles and knit two rows. Now repeat the twelve lace pattern rows as given for sleeve once, decreasing one st on the last row. (44 sts).

Make the ribbon holes thus:—

Row 1—K 1, * w.f., k 2 tog. Repeat from * to last st, k 1.

Row 2—Purl. Row 3—Knit. Row 4—Purl.

Repeat rows 3 and 4 eleven times more and when working the last row k the two end sts tog. (43 sts), then shape top as follows:—

Row 1—K 4, k 2 tog., * k 6, k 2 tog. Repeat from *, ending row with k 5.

Row 2 and alternate rows—Purl.

Row 3—K 4, k 2 tog., * k 5, k 2 tog.

[Turn to page 36.]



"Cross Roads," St. James.

The Play and Film

[From page 31.]

self because he is afraid of the old man, and to end everything the latter sets fire to Hatter's Castle! A depressing picture, with a surplusage of deaths. Principals are Robert Newton, Deborah Kerr, James Wasoe, Emyln Williams, Henry Oscar, and others.

According to the cables, film actress Hedy Lamarr has sued Loew's Studio, because, complying with President Roosevelt's order for a 25,000-dollar limit on salaries, it refused to pay her 67,000 dollars a year, of which a net 25,000 dollars remain after the deduction of taxes. Treasury officials say that this is the first case of its kind, and it is being watched with interest as a test case on the salary limitations of film stars. Austerity has still some distance to make in America.

"Palm Beach Story," Century. This is a delightful farce which does not disdain to descend to slapstick on occasion, although as a rule it tends to sophistication. It deals with an attractive wife—Claudette Colbert—who by judicious use of sex appeal, much deprecated by her husband, sees that she gets some of his pet schemes sponsored by a millionaire. Joel McCrea is good as the husband who is very jealous and more than a little feckless. But one of the hits of the comedy is Rudy Vallee as the conscientious millionaire who falls for Colbert. As a straight comedian in this film he is immense. It looks like a new career for



"The Palm Beach Story," Century.

stands No. 1 on the uplift series.

Fire has destroyed Bing Crosby's Hollywood home with an estimated loss of 150,000 dollars. Mrs. Crosby and their four children were taking down Christmas Tree decorations. A blaze broke out, apparently from a short-circuit. Crosby's valuable horse-racing and golf trophies, and his prized collection of musical records, were destroyed.

"Girl Trouble,"

Mayfair, features Don Ameche and Joan Bennett in an amusing comedy sketch. It all begins when a society girl (Joan Bennett) learns that her income has stopped and she has to let her Park Avenue apartment; but when the proposed tenant (Don Ameche) is the handsome son of a South American millionaire, well, that's different. Joan pretends to be the maid and says apartment and maid go together. Don accepts! Later, at a party, Don sees Joan and realises she is not the maid at all. There is an angry scene and a show-down, and he coldly decides to use Joan as a stooge in getting a rubber contract for his dad. Joan overhears this, and there's more trouble; but after other happenings and misunderstandings,

one of the world's most celebrated crooners and band leaders. Mary Astor, still coming back strongly, is excellent as the millionaire's sister who has married frequently amongst the nobility. One of the more slapstick kind of sequences is when a hunting club goes berserk in a train taking them to their destination.

"Mrs. Miniver," at the Liberty, is still riving to crowded houses, and there has not been any noticeable diminution in the attendances so far. The secret of its success is that it is such a human story beautifully enacted. It has a strong heart appeal, and the subject matter, the early days of the present war, and how it affects those in a middle-class home in England, is shown in a truthful setting with an entire absence of ballyhoo. On no account miss this picture, as it



Eddie Marcel, Tivoli.

Don begs forgiveness in kisses.

Greer Garson had barely completed her very arduous role in "Mrs. Miniver" when she began preparing for "Random Harvest," in which she and Ronald Colman co-star. A friend commiserated with her because she worked so hard. "I love it," Miss Garson said. "The most miserable moments of my life were those first months when I arrived in America and did not work. I had been so busy in England on the stage—thought myself lucky with a week's holiday between engagements, and then to sit here and do nothing was

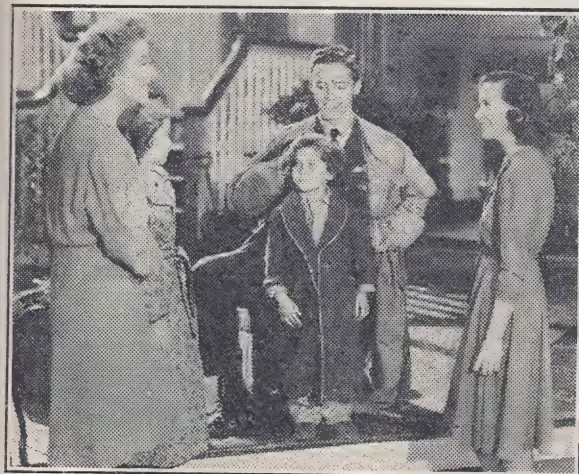


"They All Kissed the Bride," State.

maddening. An actress is in a different position from any other artist. A painter can paint whether he has commissions or not. A writer can write even if there is no publisher. Any musician can express himself. But an actress can only act when she has a production. I'm so happy now that I am so busy."

Walt Disney, whose "Bambi" has created such a stir, has acquired the screen rights to Major Alexander P. de Seversky's "Victory Through Air Power," and will make it into a feature picture for exhibition during the next few months. Every available artist in the studio not engaged on Government pictures is already occupied with "Victory Through Air Power." Dis-

[Turn to page 36.]



"Mrs. Miniver," Liberty.

"ONE OF THOSE DAYS"

By BARBARA CLAYE

When Sara opened the street door and found that the landing lights had failed, and she'd have to climb all those stairs in inky darkness, she almost sat down on the bottom one and wept.

It had been One of Those Days!

It had rained on her only decent hat, and someone else had landed the job ten minutes before she arrived.

In her small chilled hands she clutched the latch-key, a loaf of bread, and two eggs in a paper bag. All very precarious in the dark! But she stuck out her determined chin and started to grope her way upstairs to her home. If you could call any place home that was so desperately lonely.

It had all turned out so differently from what they had planned when Sara and her brother had moved into the quaint attic flat last July. Brian had been called up with the Territorials even before he'd finished putting up book-shelves.

He wasn't a rising young accountant any more—only a corporal earning a few shillings a week. And the rent of the flat looked positively appalling now it couldn't be divided into two.

Especially so since last week when a certain Harley Street doctor had decided he couldn't afford a secretary-receptionist any longer. Especially so after a day like to-day.

Sara reached the first floor wearily. There was a strip of light showing under a door. Miss Thomas was at home then. Miss Thomas was a journalist—so the girl at the dairy said.

Sara thought it was almost frightening the way you could live in the same building as people, and yet just never meet them.

Of course, there was Mrs. Carter. But she didn't really live here at all! Just came over two mornings a week to see if her son Jim were all right.

Sara had seen her five times in six months to be exact! She was so friendly. "My dear, why don't you run down to Jim if you're lonely up there."

It sounded so easy. But not if you were twenty and shy.

Besides, if it came to that she wasn't at all sure if she'd like Jim! Maybe it had jarred, somehow, to see Mrs. Carter through the open door, coping with incredible untidiness.

"He's so helpless," she'd excused herself when Sara stared. "He never notices a mess. You know what artists are—"

Only Jim Carter wasn't an artist, really.

He worked in an office, but once, apparently, he'd had a clever drawing published and now he spent all his spare time trying to develop other markets. "He does so hate the office, poor boy!"

Sara could imagine just how much use he'd be in it!

And the money he wasted studying magazines! She had helped Mrs. Carter to put one lot out for the dustman last month, and had abstracted for herself all the copies of "Pocket Illustrated."

Well, of course, every budding cartoonist aimed at seeing his work in that! But it wasn't likely someone so ineffective as Jim Carter sounded would get there.

Sara reached the second floor.

And then it happened!

One second she was seeing the light under Jim Carter's door—the next she was clutching the air frantically as something blocked her right foot and threw her off her balance.

She took two stumbling steps, and the eggs flew away from her. But she never heard them fall because, CRASH!—down she went herself. Down over the square, hard object that had tripped her up and now



As she nursed her bruised ankle they looked at each other for a long, incredible moment.

caught her shin so sharply that a little cry of pain escaped her lips.

And at that he did come out! So promptly it was almost as if he had been waiting.

A shaft of light showed a well-built figure as he cried, "Hallo! That you!" And then, breaking into quite a different, concerned tone: "Are you hurt? I thought that was a silly place to put—"

It was a nice voice. But Sara was past noticing voices.

"Silly place!" she hissed, her voice shaking suspiciously. "I should think so, leaving that b-beastly p-packing case of your b-beastly magazines—" And to her horror the words ended on a most obvious sob.

And at that, somehow, things happened.

She was being most efficiently picked up and carried into the untidy, badly-lit room and being set down gently in an armchair.

And even in that chaotic moment the protected feeling of those strong arms, lifting her so tenderly, was the most comforting thing that had happened for ages.

Above her tumbled curls a nice voice said, "Heavens, you're hurt! Your leg's bleeding—"

He sounded so truly wretched that she looked up at him and smiled rather ruefully. "I'm sorry. I don't usually weep over people." But she didn't know that in the shadowy light her eyes looked like violets in the rain.

For one long, incredible moment they stared at each other. And, suddenly, it seemed to Sara that it was the most important moment she had ever known! That all sorts of things might be born out of this strange encounter—the lovely things that she'd prayed might come some day.

She was sharply aware of herself. And of the utter unexpectedness of this tall young Jim Carter. He might easily have been more than his twenty-six years, she thought, with his thin, clever face and serious eyes that searched hers as he, too, were a little spellbound at what he saw.

At least, it seemed like that! And then he was saying, running a slim hand through already ruffled hair: "I wonder if there's any iodine anywhere?"

Just as helpless and unpractical as his mother had said! Only, now you'd seen him, you could understand why she'd do anything for him. He hurried out, and she smiled to hear him crashing down to the flat below. Thought for one wistful second: "So I'm the only one in this building who doesn't know anyone." And then realised that, from now on, she would.

He was soon back again with iodine and a bandage. And, incredibly, half a bottle of milk and two eggs, explaining off-handedly:

"I happened to know the girl downstairs is going away for the week-end—told her you'd been flinging stories about. Well, it's too late for shopping now," he concluded, with a grin. "And she didn't want them, anyway."

Sara found herself loving him for his thoughtfulness. And it was then that she found herself hoping quite fervently that his drawings would succeed. She asked shyly.

"Have you managed to get the introduction to David Waller yet? I've heard so much about your drawings." And, as a queer, puzzled expression shot across his face, she faltered: "Your mother told me you were hoping to."

"And you think he'd be a good man to work for? You know him?"

"No. But, of course, I know you'd be

'made' if he took your work." In imagination she saw the Walt-Disneyish kind of young man that people said owned "Pocket Illustrated." And she saw that Jim Carter looked absurdly pleased. And was suddenly glad to realise that that meant he already had succeeded. "I only wish I did know," she found herself saying. "I want a job myself."

"What can you do?" he asked, as he bandaged the nasty graze above her ankle.

In a flash she was telling him about her late job in Harley Street, and then about the flat upstairs which was now such a white elephant.

"It's so awful to realise that if you don't pay your rent you're sort of adding to the vicious circle that means that other people can't pay their bills, either."

He said abruptly:

"I might be able to put you in the way of a job." But his eyes seemed to be saying: "You're grand, you know."

"Oh, if you could!" she said, then stopped suddenly, confused by a queer impression that he was glancing at the door, anxious for her to go. She faltered: "I'm taking up your time—I must be getting home."

"Well, if you're quite sure you're all right, I have got a rather important engagement."

It was puzzling—deflating. somehow! And yet his eyes seemed to say other things, before he was rushing into words:

"We—we'll see each other again, won't we? I mean, now we've met, you will—"

She said simply:

"I hope so! We ought to meet sometimes, living in the same house."

"Well, I don't mean that—I mean, don't you get fed-up cooking for yourself, and—oh, hang it! Won't you come out and have a spot of supper—to-morrow night, say?" And, when she hesitated: "Oh, do please! If you don't I'll feel it's because I oughtn't to have asked you. I really do want to see you again soon. You see, there's something I must tell you—not to mention about that job." Outside her door, he held her hand in both of his. "Good-night. I'll call for you at seven. Would it be too heartless of me to say I'm glad you fell over that box?"

She listened to him crashing downstairs again, and she thought: "Glad I fell over that box! Oh, if you only knew how my heart has been singing songs ever since I did!"

Her heart was still singing when she woke in the morning, and the day flew by on wings. It was five o'clock before Sara had cleaned the flat and was swinging down the street to do her shopping, feeling so gay that her feet hardly touched the pavement. And she'd forgotten all about the stiffness of her leg until she ran into Mrs. West, who "did for" Miss Thomas.

"I'm that sorry to hear you had such a nasty tumble last night, miss. That Mr. Carter! What Miss Thomas can see in him I can't think—never could!"

Sara repeated: "Miss Thomas? 'and there was a cold chill round her heart. 'I d-didn't know he knew her very well,' she faltered childishly.

"Well, I should say he'll find his evenings pretty dull now she's away," said Mrs.

West meaningly. She winked. "Try to get off with some other girl, I shouldn't wonder. That weak, good-looking sort has to have someone."

Her words made Sara feel quite sick.

"Couldn't even get an 'intro' to that editor without her help!" snorted Mrs. West. "She works for him, you see. And lucky, too, I say, or he might have cut-up rough with him—muddle-headed as usual—gone to the office by mistake."

But Sara was deaf to what she heard now. The "he's" and the "hims" flowed



Sarah looked up at him, her eyes shining.

over her without any meaning, because of the inescapable meaning in Mrs. West's theme. It fitted into everything that had happened last night. Everything!

Somehow, she managed to escape further revelations. She was back in her flat, but it wasn't a place of enchantment any more. It seemed incredible that only half an hour ago it had held a bewitched fool—and a dream.

And a part of her mind was crying: "How dare he—how dare he!" And she meant the special way he had looked when he held her hand and said: "Would it be too heartless to say I'm glad you fell over that box?"

And another part of her mind was saying, reasonably: "And why on earth

shouldn't a man ask a girl out to supper? What an ass you'll look if you refuse to go!"

It was the pain in her heart and, somehow, being so wrong in her intuition, that made her feel so cheap. Cheaper still when she realised that if she met him again she'd still thrill to that special brand of tender protectiveness!

Slowly, she turned on the wireless just as loud as it would blare.

He could call for her and she wouldn't even hear!

He'd know that she took his invitation so flippantly that she hadn't even remembered it!

But even the wireless couldn't drown that door-bell. It rang and rang. At seven, at half-past, and at eight o'clock.

After the last ringing of the bell she remembered that now there wasn't even the faintest hope of landing the job he had mentioned. But then, no doubt, there never had been a job! He'd just told her that to make her think him Somebody. . .

He was so cheap—so unspeakable.

After a horrible Sunday, came Monday. And feet coming up to her door. The knocker rattled and a square, white envelope dropped with a plop into the middle of the mat.

She picked it up with shaking fingers.

"Dear Miss Scott,—Mr. David Waller wishes me to ask you to call at the offices of 'Pocket Illustrated' about eleven to-day with regard to your wish for a secretarial job. Sorry about the other night—do hope your bruises are better.

"In haste,

"Jim Carter."

Sorry, was he! Suddenly, she was chokingly angry at the cheek of it. Swinging back again violently to realise, "but he did remember the job!" That was true, anyway! And a job with "Pocket Illustrated," too!

She thought desperately: "I must go! I need the job! I must earn the money. I owe it—"

So she went, with her small mouth very set and straight. And the blue eyes under the tilted hat were frosty. But underneath her tweed coat her heart bumped uncertainly.

The offices were very grand. There was thick carpet like Sorbo sponge, and flowers on a round oak table. There was a lift leading to a small waiting-room with numbers of "Pocket Illustrateds" on a table.

But there was no sign at all of Jim Carter, and Sara's panic died down. She began to concentrate on getting the job at all costs.

"Mr. Waller's secretary will fetch you," said the lift boy.

Sara waited. Somewhere a door opened and shut, and someone came along the corridor. It was Jim Carter. She knew it was.

A voice spoke—that same charming voice she'd been trying not to hear for two days!

It said: "The first thing I demand in a secretary is that she shall keep appoint-

ments. Now, touching our appointment on Saturday night, what—"

Sara swung round at him. She could hear the laughter in his voice. Her eyes were blazing. There were so many things that she might have said that she couldn't even begin.

And at that moment a girl's voice said from the doorway:

"Oh, Mr. Waller, you have Miss Scott with you?"

"Yes, thanks!" he said. And shut the door, leaning against it, looking at her.

"Mr. Waller!" gasped Sara. "Mr. Waller!"

Things swam for a minute, then they steadied again and she saw that the blue eyes looking at her were tender.

"I did try to tell you at the beginning," he reproached. "Only you were so determined I was Jim Carter. I was looking at his drawings while I waited for him to come in. Miss Thomas had arranged it and let me in—she's my secretary, you know." Sara nodded speechlessly. "At least she was. But I rather suspected how the wind was blowing. And then young Carter rang me up last night to say that since I'd decided to take his stuff they were going to chance it and get married."

"Oh!" gasped Sara. She still hadn't any words. It was just like coming out of the "black-out" into blinding light.

He said: "I don't mind telling you I was rather livid on Saturday night. Ringing and ringing that beastly bell."

Sara stammered: "I'm—I didn't—"

He said gently: "You don't have to tell me. I thought it out for myself when Carter rang up to say he and Miss Thomas were engaged—what you'd have thought if you'd heard. And now about that job," he began. "Maybe we can talk it over just as well over lunch to day as we could have done over supper last Saturday?"

Oh blinding, lovely sunshine after a "black-out!"

They were walking down the corridor together. He said: "The job will be rather a temporary one, I'm afraid. I've been accepted for the Army at last, and I expect to hand over the paper to a man who wants to buy it. But there's not going to be anything temporary about you and me."

Sara looked up at him, her eyes shining. He really was the grand person she'd believed; the kind of person who'd give up making money because he realised there were other jobs more important.

His hand found hers, and held it in a loving clasp. Suddenly, her heart was swooping dizzily, and it wasn't only because the lift was going down!

"I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."—Anonymous.

Success in life is not so much a matter of talent or opportunity as of concentration and perseverance.

THE "BONNIE" SET FOR BABY

[From page 32.]

Repeat from * to last 4 sts, k 4.

Row 5—* K 4, k 2 tog. Repeat from * to last 3 sts, k 3.



Row 7—* K 3, k 2 tog. Repeat from * to last 3 sts, k 3.

Row 9—K 3, k 2 tog., * k 2, k 2 tog. Repeat from * to last 2 sts, k 2.

Row 10—Purl.

Break off wool, thread needle and run through remaining sts, draw into a small circle and sew up seams.

To Make Up the Set.

Press all parts carefully with a hot iron over brown paper on a thick pad. Sew up shoulder and sleeve seams. Attach sleeve, placing seam at under-arm. Place collar round neck and sew neatly. Finish with tiny rosebuds and ribbon ties. Sew up foot and leg seam of bootie, thread ribbon at ankle and work rosebud on toe. Work a rosebud on back of each infantee and thread ribbon at wrist. Attach ribbon ties to bonnet, finishing with rosettes and rosebuds.

THE PLAY AND FILM

[From page 33.]

ney, who is not yet divulging his plans for treating this timely book, states that it will be dramatically entertaining at the same time that it faithfully illustrates de Seversky's theory that the Axis will be mastered by an overwhelming air force.

The Ten Best of this or the Ten Best of that is always good fun. M-G-M, sensing a poll in New York for the Ten Best Pictures of All Time. It sounds a big order, but the public enjoyed it and here is the result in order of merit:—1. Mrs. Miniver; 2. Gone With The Wind; 3. How Green Was My Valley; 4. Good-bye Mr. Chips; 5. Rebecca; 6. Wuthering Heights; 7. The Good Earth; 8. Boys' Town; 9. The Philadelphia Story; 10. Mr. Deeds Goes to Town.

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"Here We Are Again!"

Potato Waffles.

Rub 2 ozs. mashed potatoes into 4 ozs. plain flour, sieved with a quarter teaspoonful of salt. Make into a stiff batter with half an egg and 1 gill milk. Allow to stand for a time. Just before cooking sift in one small teaspoonful cream of tartar and 1 level teaspoonful bicarbonate of soda. Cook on a waffle iron, or in spoonsful on a hot, lightly-greased girdle, turning it to cook both sides evenly.

Australian housewives cannot get maple syrup now. They are advised to use liquid honey or jam sauce instead. Savoury waffles are achieved by making a curry sauce mixed with cooked, diced carrots.

Potato Souffle.

Four cupsful hot mashed potatoes, 1 tablespoonful melted fat, 2 tablespoonsful milk, 1 teaspoonful salt, yolks 2 eggs, whites 2 eggs, beaten stiff.

Mix all the ingredients but the whites of the eggs in the order given, beat thoroughly, fold in the stiffly beaten whites, pile in a baking-dish, and cook until the mixture browns and puffs.

Potato-Puffs.

Two cupsful mashed potatoes, 2 eggs, beaten, $\frac{1}{2}$ cupful milk, 1 teaspoonful salt, 1 cupful grated cheese.

Add the milk to the potatoes and beat until it is thoroughly mixed. Add the beaten eggs and salt, gradually adding the grated cheese. Bake on greased tins or in ramekins in a slow oven.

Sausage Potatoes.

Two cupsful left-over mashed potatoes, $\frac{1}{4}$ teaspoonful onion juice, 1 tablespoonful minced parsley, 1 egg yolk, 6-8 cooked small sausages, 1 egg beaten lightly with 1 tablespoonful cold water, dry bread-crumbs, deep-frying fat.

Add onion juice, parsley and beaten egg yolk to potatoes. Beat thoroughly. Cover sausages with potato mixture and shape into croquettes. Roll in breadcrumbs. Dip in egg and water mixture. Roll in crumbs. Fill saucepan two-thirds full of fat. Heat slowly. When it browns an inch cube of bread in 40 seconds, deep-fry the croquettes. When brown, drain on absorbent paper.

Dutch Potato Salad.

Two cupsful diced cooked potatoes, 2 slices bacon, $\frac{1}{2}$ cupful vinegar, $\frac{1}{2}$ cupful sugar, 1 small onion (diced), 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful white pepper.

Cut the bacon into squares. Fry. Pour half the fat over the diced potatoes. Brown the diced onion in the fat, add the vinegar, salt, sugar and pepper, and when hot add the potatoes. Heat thoroughly and serve with cold meat.

Moulded Potato Salad.

Boil 10 small potatoes in their jackets, then peel, drain and cool. Chop fine and add 1 teaspoonful of grated onion, 2 hard-cooked eggs (finely chopped), 6 small cucumber pickles (chopped), 3 small cooked beets (chopped), pepper, salt, paprika. Moisten with boiled salad dressing. Pack closely in a wet mould, unmould on lettuce leaves. Mask with thick boiled dressing or mayonnaise. Serve very cold.

Potato Apples.

Mix 2 cupsful rice potatoes, 2 table-spoonsful butter, $\frac{1}{2}$ cupful grated cheese,

$\frac{1}{2}$ teaspoonful salt, few grains cayenne, 2 table-spoonsful cream, 2 egg yolks. Whip until light, shape like apples, roll in flour, egg and crumbs. Fry in deep fat. Insert clove at stem end.

Luncheon Potatoes.

Scrub 3 large potatoes, bake about 1 hour in hot oven. Frizzle 2 cupsful beef, shred-

Mix in the potatoes thoroughly. Add the syrup and a little water (or milk) to mix all stiffly. Turn into a greased basin and steam for 3 hours.

Potatoes and Carrots.

Cooked potatoes, cooked carrots, white sauce, grated cheese.

Grease a piedish, and put into it a layer of carrot, or any other vegetable. Root vegetables should be cut in slices. The layer should be about $\frac{1}{2}$ inch thick. Then put a thin layer of grated cheese, a layer of sliced potatoes, more vegetable,



ded, in butter for 5 minutes. Dredge with 4 table-spoonsful flour, few grains pepper. Gradually add 2 cupsful milk and cook until thick. When potatoes are done, cut each one lengthwise, scoop out potato, mash; add milk, butter, salt and pepper and beat until fluffy. Partly fill potato skins with creamed beef; pipe mashed potato around edge. Place in hot oven to brown potato lightly. Remove from oven; fill centres with hot buttered peas. Garnish with sauteed mushroom caps.

Potato and Syrup Pudding.

Half lb. of mashed potatoes, 4 ozs. of flour, 3 ozs. of chopped suet or dripping, 2 ozs. of chopped nuts, 3 table-spoonsful of treacle or golden or ginger syrup, or any sweetener of similar nature, $\frac{1}{2}$ a teaspoonful (small) of carbonate of soda.

Well mix the flour, nuts, suet and soda.

and grated cheese and potatoes, and so on till the dish is full. It should be very loosely packed. Pour over enough rather thick white sauce to almost fill the dish, and on top put a final layer of potato slices, with here and there a dot of butter. Bake in a rather quick oven till the potatoes on top are nicely browned, and the whole is thoroughly hot through.

Mexican Potatoes.

Season mashed potato highly with salt and pepper. Mix finely-chopped beef with chopped raisins. Mould into cone shapes; moisten with soup stock. Cover entirely with mashed potato, form into croquettes. Fry golden brown in deep fat.

Potato Pancakes.

Pare, wash and put into cold water 3 large potatoes. Let soak overnight if con-

The women of Britain can take it



THE people of Britain have been working terribly hard during the last three years of war—thousands of them, working at their jobs during the day and fire-watching at night. In spite of this they mustn't get run-down. So the Medical Advisory Council of Great Britain, which is made up of leading scientists and doctors, produced a prescription that would banish fatigue, tiredness and war-strain.

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MENTHOIDS

venient, but at least for 3 or 4 hours. Grate them into a bowl and add 1 well-beaten egg, $\frac{1}{2}$ cupful flour and 1 teaspoonful baking powder. Season with salt and pepper and add milk to make a pouring batter. Cook like ordinary pancakes and serve with sausage, stew, or ham with a cream gravy. These potato pancakes are also good with syrup, sugar or jelly.

Potato Muffins.

Half lb. potatoes, 1 small teaspoonful salt, $1\frac{1}{2}$ ozs. butter, $\frac{1}{2}$ pint milk, 2 eggs, $\frac{1}{2}$ lb. self-raising flour.

Peel and steam potatoes until they are soft, then rub them through a sieve, mix with them the salt and butter. Beat well until light and creamy, then stir in the milk, the eggs well beaten and enough self-raising flour to make a stiff dough. Form into rounds and bake on a hot griddle. Split open, butter and serve piping hot.

Cheese Potatoes.

Boil the potatoes 30 minutes; drain; add teaspoonful of salt, cover the boiler and shake well so as to make the potatoes mealy; put into a tureen, cover with the cheese sauce, and garnish with chopped parsley or celery.

Cheese Sauce: 2 tablespoonsful of flour, 2 tablespoonsful of butter, 1 cupful of milk, 4 tablespoonsful of grated sharp cheese, $\frac{1}{2}$ teaspoonful of salt. Melt the butter, remove the saucepan from the fire, stir in the flour until smooth, then add the cold milk slowly; return to the fire and boil for 3 minutes; add cheese and salt; stir until cheese is melted.

Surprise Sweet Potatoes.

Scoop out the centres of 3 hot baked sweet potatoes, and whip until light with 3 tablespoonsful shortening, the finely-minced rind of $\frac{1}{2}$ an orange, and $\frac{1}{2}$ cupful chopped walnuts. Replace in the potato shells, sprinkle with buttered crumbs, and brown lightly in a hot oven.

Sour Cream Potato Salad.

Fifteen small potatoes, $\frac{1}{2}$ teaspoonful pepper, $\frac{1}{2}$ teaspoonful chopped celery, $\frac{1}{2}$ teaspoonful dry mustard (if obtainable), 1 teaspoonful salt, $\frac{1}{2}$ cucumber (chopped), 2 hard-boiled eggs, 1 onion chopped finely, $1\frac{1}{2}$ cupsful sour cream, $\frac{1}{2}$ cupful vinegar, 1 tablespoonful butter, lettuce.

Wash the potatoes and cook unpeeled in boiling water until tender. Cool, remove skins and cut into dice. It is best to cook the potatoes the day before using. Add the chopped egg whites, cucumber, onion, salt, pepper and celery. Mash the yolk of the egg while still warm and blend in the mustard and a little of the cream. Heat the remaining cream to boiling point with the butter and vinegar. Add the egg yolks to the hot cream, stir until smooth and pour over the potatoes. Toss together lightly until well mixed and place in refrigerator until thoroughly chilled. When ready to pack, line the container with lettuce leaves before adding the salad. Serves 8.

Potato Salad.

Six potatoes, 2 slices bacon, 1 onion, 3 tablespoonsful vinegar, salt and pepper.

Boil the potatoes with their skins on. Peel them while hot and slice thinly. Add finely-chopped onion. Cut bacon into squares. Fry till nicely browned, mix with potatoes, heat vinegar to boiling point in a saucepan, and pour it over the potatoes and bacon. Season to taste with salt and pepper. Mix thoroughly. Stand in the oven for 10 minutes to blend flavours, then served garnished with slices of beetroot and cress.

OUR FREE PATTERNS

[TURNINGS MUST BE ALLOWED FOR ON ALL PATTERNS]

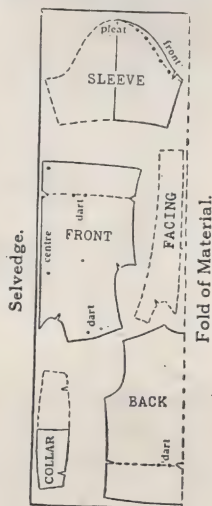
COAT, 11,453.

The shape of each pattern piece needed for this smart coat is clearly illustrated in the cutting guide. To complete the sleeve pattern, pin the straight side to a fold of paper, trace through the punchholes denoting the armhole curve, around the armhole, along the underarm and across the lower edge. Cut out, and notch the front armhole as shown.

As this pattern is for the average 36-inch figure, it will be necessary to see whether alterations are needed for the individual figure. Pin the pieces together, remembering that seam and hem allowances are not included. Place the pattern over the figure and observe the fitting. If the waistline is too low, take a fold between the armhole and waistline on the pattern front and back;



11,453



and, if too short, cut in the same place and insert sufficient paper to provide the additional length required. Remove the pattern from the figure, take apart, then even up all seam edges. Cut a fitted facing for the front as shown, using the front pattern as a guide.

Pin the pattern to the material, following closely the cutting guide, then cut out, providing $1\frac{1}{2}$ inches for the hem, 1 inch on shoulder and underarm seams, and $\frac{1}{2}$ inch on all other edges. Mark clearly all seam lines, notches and punchholes.

Cut a binding strip for each buttonhole $1\frac{1}{2}$ inches wide and $1\frac{1}{2}$ inches longer than the diameter of the buttons. Tack these strips to the right-hand side of the front, with right sides of the material facing. Mark the position for each buttonhole and space all the same distance from the front edge and an even distance apart.

Machine with a short stitch along the mark, across the end and then a bare $\frac{1}{2}$ inch from the first mark and across the other end. Count the machine stitches along the sides and across the ends to ensure all being uniform. Tie threads, cut the binding between the stitching and diagonally into the corners. Turn the binding inside and press it down. Press the ends of the binding with the edges meeting exactly in the centre, and tack carefully. Press the wrong side.

Pin the darts at the waistline on the

front and back on the inside, and machine from nothing 4 inches above the waistline down to nothing 1 inch from the lower edge. Pin the darts at the shoulders on the inside, and machine from the raw edge, tapering the stitching gradually to nothing. Tie threads, press darts in front towards centre front and in back towards centre back.

Join the shoulder and underarm seams of coat and sleeves in plain seams, press open and finish the raw edges by turning back against the seam allowance and machining through the fold. Pin the collar to the front facings and the under-collar to the coat, with the notches at the neck edges meeting, and the right sides of material together. Machine on the marked seam line only, tie threads, clip allowance across fronts, and press seams open.

Pin the facings and collar to the coat with right sides of material together. Machine up front, around collar and down front on the other side. Trim allowance to within $\frac{1}{2}$ inch of stitching, turn facings to inside and press carefully. Cut openings in facing under each buttonhole, turn under raw edge and hem in place. Turn under the inside edge of the facings, machine through the fold only, and tack in place down fronts. Turn under raw edge on collar, and hem to stitching across the back neckline.

Cut two pieces for the pockets as shown in the illustration. Cut a fitted facing $1\frac{1}{2}$ inches wide for the tops and bias strips the same width for lower edges of sleeves. Machine on the right side, trim allowance, turn to inside, press and slip-stitch in place. Turn under raw edges of pockets, machine to coat and press again.

Pin the sleeves to the armholes with notches meeting and arrange the fullness across the tops in even pleats. Sew the buttons on the left-hand side to correspond with the buttonholes, then slip the coat on to see whether the shoulder seam is becoming in width and the sleeves correctly set in. Alter if necessary, remove, machine in place, trim allowance to within $\frac{1}{2}$ inch of the stitching and neaten the raw edges by overcasting. Turn the lower edge, secure by hand and complete with the final pressing.

Pattern is for 36-inch bust. Material: $1\frac{1}{2}$ yards 36 inches wide.

[For 34-inch bust, take $\frac{1}{2}$ inch off side seams of front and back. For 38-inch bust, allow $\frac{1}{2}$ inch on side seams of front and back.]

FROCK, 5970.

The cutting guide illustrates the shape of each pattern piece, therefore it will be necessary to cut a pattern for the skirt back by placing the front over paper, tracing along the centre front line, across the top and bottom and then in a straight line from the notch at the top to the one at the bottom for the side. Complete the sleeve in the same way as the coat sleeve and use the pattern provided for the coat back by cutting at the waistline from the notch at the centre back to the one at the side.

After testing the pattern as previously suggested for the coat and making alterations if required, place the pattern on the material and cut out, providing right allowances to close neckline for the coat. Cut a fitted facing for the neck edge $1\frac{1}{2}$ inches wide.

opening of 4 inches at the centre back.

Mark the seam lines, notches and punchholes in the same way as for the coat, then test the machine stitch. Join the bodice and skirt fronts together at the centre fronts and the skirt backs together at the centre back and shoulders in plain seams.

Join the under-arm seams of sleeves in the same way, press all seams open and



5970



neaten the raw edges by overcasting or pinking.

Join shoulder seams of neck facing in plain seams, press open and pin to neck edge with right sides facing. Machine around neckline and $\frac{1}{2}$ inch each side of centre back line down to the bottom of the opening. Trim allowance to within $\frac{1}{2}$ inch of stitching, cut on centre back line down to bottom of opening, turn facing to inside, press, turn the raw edges, slip-stitch in place and press again.

Lengthen the machine stitch and loosen the tension a trifle. Across the upper and lower edge of the bodice front marked "Gather," machine exactly on the marked seam line and then $\frac{1}{2}$ inch closer to the raw edge. Draw up both threads on the upper edge to fit the space between the notches on the yoke. Arrange the fullness evenly and tie threads securely. Clip almost to the marked seam line, turn under allowance and pin to upper edge of bodice in a lapped seam. Tack, machine as close as possible to the seam edge, press and neaten.

Turn under the allowance on the upper edge of skirt front and back, ease fullness in bodice to fit skirt and join together in lapped seams. Pin the front and back together at sides and leave an opening about 3 inches above and 4 inches below the waistline on the left-hand side. Slip on the waistband and observe the fitting, let out or take in as necessary.

Remove, machine the seams, press and



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Peplum length pinafore for Diana Lynn, young Paramount player appearing in "The Major and the Minor." Made of white organdie, the shoulder ruffles and full peplum edge are outlined with bright red ricrac braid. The pinafore is worn over a gay red cotton print dress, made peasant style with full dirndl skirt and short puffed sleeves. Tiny ruffles of white organdie edged in red braid outline the sleeves and square neckline.

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Old marks on wallpaper can often be removed by working dough against them; but brush well afterwards so that there is no dough left to attract house pests. A paste made of fuller's earth or magnesia and water can also be used to freshen up wallpaper.

"Things ill-got have ever bad success."—Shakespeare.

OUR FREE PATTERNS

[From page 39.]

neaten all raw edges. Finish the opening with two self-material binding strips 2 inches wide and 1 inch longer than the opening. Machine these on the right side exactly on the marked seam lines. Trim allowance, turn to inside, turn under raw edges and hem to the previous row of stitching. Clip the allowance on the back, above and below the opening, and press both bindings towards the front.

Finish the lower edges of sleeves with self-material bias strips 1 inch wide, applied in the same way as the neck facing. Pin to armholes with the notches meeting and arrange the fullness across the top in even gathers. Sew hook and bar to the side opening at the waistline and sufficient snap fasteners above and below to ensure a neat, inconspicuous closing.

Make the belt and apply loops at the sides to hold it in position. Place the frock on a coat-hanger to give the material an opportunity of stretching and, after hanging overnight, slip on the wearer and mark the correct length. At the same time note whether the shoulder width is becoming and the sleeves correctly set in. Alter if necessary, remove, turn and secure the hem by hand, machine the sleeves, trim allowance to within $\frac{1}{4}$ inch of the stitching and overcast. Complete with the final pressing and by attaching the bows to the bodice, as shown in the illustration.

Pattern is for 36-inch bust. Material: 3 yards 36 inches wide.

[For alteration to other sizes, see description No. 11,453.]

FROCK, 5971.

Striped material is used very effectively in this shirt waist frock. The skirt pattern is identical with that used for Frock 5970, so follow the directions given for cutting the back.

To obtain the pattern for the bodice, cut off or fold under the portion below the notches at the waistline on the coat front and back, then complete the sleeve pattern.

After testing the pattern for the correct size and, making any necessary alterations, cut out and mark the exact seam lines, notches and punchholes, as previously described, but take particular care to place the skirt front and back on the cross in such a way that the stripes match perfectly at the centre front and back.

Cut facings for the bodice fronts in the same way as the coat.

Stitch the darts in the bodice fronts at the shoulders on the inside. Make the buttonholes, join the shoulder seams, join the collar to the fac-

ings and the under-collar to the bodice. Apply the facing and collar to the bodice, neaten the inner raw edge and sew the raw edge of the collar to the stitching at the back. In doing each detail follow carefully the explicit instructions given for the coat, for the bodice is identical with that of the coat top. Lap the right-hand side over the left and tack together.

Make and apply the pocket, cut on the cross, on the right-hand side of bodice.

Join the skirt pieces together at the centre front and back in plain seams, press open and neaten.

Join the skirt to the bodice in lapped seams, join front and back together at side, finish the opening, make and apply the sleeves. Sew the buttons to the left front and the hook and bar and snap fasteners to the opening. Make the belt, then turn the hem, after hanging overnight, and complete with the final pressing.

Pattern is for 36-inch bust. Material: $3\frac{1}{4}$ yards 36 inches wide.

[For alterations to other sizes, see description No. 11,453.]

Fire Dangers at Dances.

We have had two holocausts lately. At Boston a fire occurred at a night club dance and over 600 people were incinerated or trampled to death. And at St. John's, Newfoundland, just a week or so later, 104 died and 130 others are in hospital seriously injured as the result of a fire at a hostel at which 500 servicemen were enjoying their weekly dance.

It is to be hoped that in Australia the authorities will pay serious heed to these tragedies. Immediate inspection should be made of all club premises, restaurants where dances are held, and halls of public assembly. It is not the least likely that these places are all provided with ample emergency exits in the event of panic caused by fire. It is no use saying, "It cannot happen here!" It certainly can happen here, and both the police and the fire brigade authorities should see that premises without suitable and ample exits are not permitted to be used for entertainment purposes. Whether these dance halls and restaurants are in basements or in upper stories, they must be definitely and assuredly safe no matter what the cost. Otherwise they should be closed altogether.

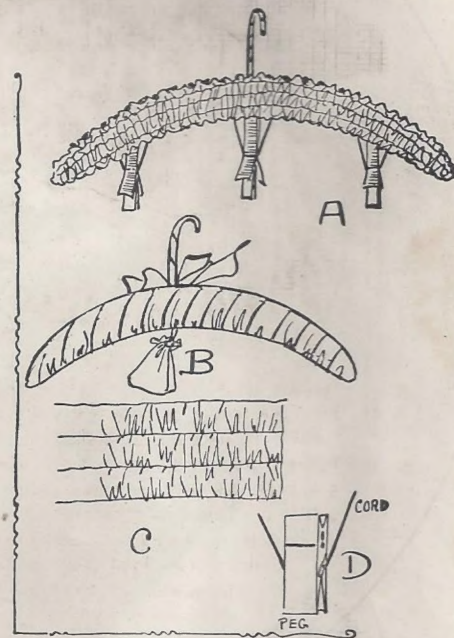
A Morning Prayer.

"The day returns and brings us the petty round of irritating concerns and duties. Help us to play the man, help us to perform them with laughter and kind faces; let cheerfulness abound with industry. Give us aid to go blithely on our business all this day, bring us to our resting beds weary and content and undishonoured, and grant us in the end the gift of sleep. Amen."—Robert Louis Stevenson.

Useful Coat-hanger.

Coat-hangers are always handy and you just can't have too many. Even your guests, on arriving these days, ask for a spare coat-hanger. Your clothes are kept neater and nicer when hung up. Why not make a few for gifts and the home, using all those odd scraps of silks and voiles?

Sketch A shows a gathered georgette or voile used as coat-hanger covering. Add three or four clip-spring pegs on, thus making it more useful to hang on skirts, blouses, stockings, scarves, etc. You will note a small wired hole in peg (sketch D); that is where you can run a thread of cord or ribbon through to attach to hanger; add ribbon pieces to cover wool, or paint over pegs.



Sketch B is another hanger covered with twisted silk and a bag of lavender or moth balls hanging, whichever you choose. Hangers may be padded first with old silk stockings or other lingerie pieces.

Munition Slackers.

It is revolting to think that while our soldiers are fighting, and fighting hard, day and night in New Guinea and the Middle East, absenteeism has become rampant in some of the munition factories. Regulations were issued in October restricting working hours to 56 a week, and this was expected to reduce absenteeism, and raise output. Unfortunately, the problem still remains, and the Deputy Director-General of Manpower, Mr. Bellemore, cites the case of one war factory. Here the number of absentees increased from 90 on Monday to 350 at the week-end! Men and women who thus desert their jobs in the face of the nation's urgent war needs, are not playing the game, for which they are so well paid. Slackers and shirkers who let their country down in this way should be publicly prosecuted and heavily fined, or sent to gaol. The soldier at the front must be adequately supported with full equipment and supplies. The deserter at the factory home-front can cause much loss of life and even defeat at the war-front.

Firm action against these irresponsible and selfish slackers will be welcomed by the great majority of loyal workers who are only too willing to give of their best all the time.



"AMERICAN BEANIE"

Now is the chance to use up those oddments of wool into this lacy medallion beanie, as two or more colours may be used quite successfully by using a little imagi-

Measure the head and cut three pieces of the cord the required length; bind them together and sew into a circle. Crochet about 6 yds. and chain and work 1 double

these are arranged round top of crown. Take the foundation crown you are using and place the small star medallion on top. Around this arrange the 6 smaller diamond medallions. Pin well in place. Directly under these place the 6 star-shape medallions, then between each of these, with the petals just touching, arrange the 6 remaining diamond ones.

Slip the circle for the head fitting in place and connect where necessary to the medallions with a single piece of cord that has been crocheted over. Make sure all is pinned firmly together; then remove from shape, and sew on the wrong side.



nation. Of course, if you intend buying wool, choose one colour to save your precious coupons.

crochet into each st. Bind this over and over the circle of cord, tacking here and there to hold firm and taking care to tuck end in neatly.

The best plan to shape the beanie is to pin all the medallions on the crown of a small hat. Cut 7 pieces of cord, each 1 yd. in length, and crochet over each very firmly as follows: * 3 dc, 4 ch, 1 slip-stitch into 1st chain, 3 dc and repeat from *. Cut 6 pieces 11 inches long and 6 14 inches long and work over each of these pieces in the same manner.

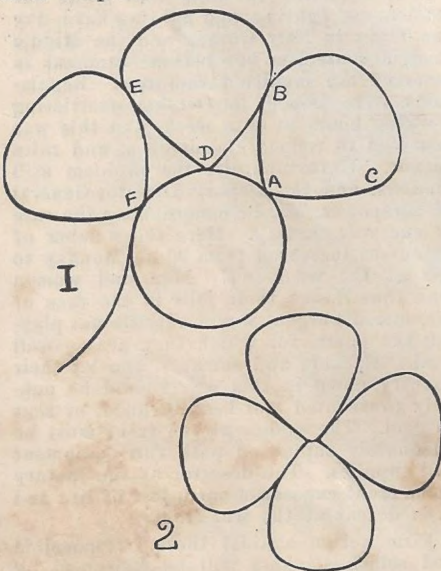
To make the medallion into shape, work as follows:—

The Star Medallion (No. 1 diagram).

Shape 1 yd. length of cord to make a small circle $\frac{1}{4}$ inch in diameter, sew into shape but do not cut the cord. A denotes where circle is joined; twist cord to form a petal, as A to B, B to C, across A to D; shape second petal as diagram D to E, E to B, cross D to F, and continue in this manner until the circle is worked all round with 8 petals. Sew in place neatly, catching the sides of the petals together. Make 6 more star medallions a size larger by making the circle 1 inch in diameter.

The Diamond Medallion.

In the same manner fashion the 12 smaller lengths into medallions as diagram No. 2. You will have 6 a size smaller;



Required: 1 skein of 3-ply wool; 12 yds. piping cord; medium crochet hook.



Fairway Fashion—Evelyn Keyes, on a day off from her Columbia picture, "He's My Old Man," models one of the new golf dresses. In pastel blue celanese rayon it features easy-action pleats and shoulder fullness. Of special interest is the low pocket at the side seam in which one may carry golf tees without breaking the smooth skirt line.

Paint which is not very dirty should be cleaned with a cloth wrung out of a warm lather. Dry with a soft flannel and use a chamois leather to get a nice polish. Remember to do one part at a time, finishing it off before going on to the next portion. Give the whole a final polish.

Vinegar—slightly heated—will take the "bloom" off furniture and remove all traces of old polish, which often causes this bloom.

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